

Heritage Herald

SEPTEMBER 2023

At A Glance



Fresh melon is one of summertime's greatest pleasures!



Labor Day is Monday September 4th!

Managed by



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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Is going back to school later in life the new norm?

It is that time of year again. Summer is over, school is back in session. We watched with interest the preparation, excitement and even some anxiety of people from pre-school to college. What is even more exciting is the shift of who is choosing to continue their education. Would it surprise you to learn that adults entering or returning to school later in life are now the majority of degree seekers in the U.S.?

There are many reasons for this new normal.

Intellectual stimulation: going back to school allows individuals to engage their minds, learn new things and stay mentally sharp.

Personal growth: continuing education later in life can be a transformative experience. It offers the opportunity to explore new interests, discover hidden talents and broaden one's perspective.

Social interaction: whether in person or online, college provides a unique environment for socializing, networking, and building connections.

Pursuit of lifelong dreams: many individuals may have put their educational aspirations on hold due to various reasons earlier in life. Going back to school later allows them to fulfill long-held dreams.

With permission from our own Resident graduate, we would like to share her story in her words. **Please continue to page 2 to read graduate's story.**



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Path to Graduation: A letter from Vicki Ragner

Dear Crystal,

You once asked me why I was going to college at my age. I think it was a “bucket list” thing. I grew up very poor and never thought about college, as it turned out I was a very good student all through school.

I always enjoyed school. After graduating from Auburn High School in 1963,

I thought about going to Northern Illinois. However, I had a boyfriend and did not want to leave him. Therefore, I did not go. I got a good job and kept Tom.

We were married on August 2, 1964, and had three children. We were not rich but lived well.

At the age of 30, I had a nervous breakdown, I felt life was over and I was “old”. That’s when I decided to go to Rock Valley College. I had three children and a full-time job, so I was only able to take one class per semester. There were so many times I could not go because I didn’t have money. I kept plugging along.

I was diagnosed with leukemia in 1989. I’m in remission now. My husband later died in 2013 and I started having heart problem and had to have open heart surgery. After moving into Heritage Woods of Rockford (6 years later) I decided to go back for my associate degree. I got off course after I came because my daughter suddenly passed away. My mother passed away the same year.

Once I started, I had to finish.

Now I’m graduating on May 19, 2023. Hoorah!!!! I finally did it!!!

The staff and residents of Heritage Woods were so very encouraging to me. They called me the “college girl.” Their encouragement was very much appreciated. They kept me going and cheering me on. Many of the residents here are “my family.” I am so excited to share my special day with all of them.

This fall I am going to a Philosophy Moral class just for fun. I plan to attend as long as I’m able too, who knows, maybe I will get another associate degree!

Love, Vicki Ragner



Congratulations Vicki! Thank you for showing us we can fulfil our dreams at any age.



IN THE NEWS

ABOUT THE MONTH OF SEPTEMBER

Rick Banas

John Chapman, better known as Johnny Appleseed, was born on Sept. 26, 1774. For 40 years, he travelled through Ohio, Indiana, and Illinois, planting orchards. Native Americans regarded him as a great medicine man. Sept. 26 is Johnny Appleseed Day – a time to celebrate Chapman and all things apple.



Nobel Peace prize recipient Jane Addams was born on Sept. 6, 1860 in Cedarville, Illinois, a small village located north of Freeport in northern Illinois. She is the founder of the Hull House in Chicago to serve the sick and the poor. She is recognized as the founder of the social work profession in the United States. The Jane Addams Memorial Park is located near Navy Pier in Chicago. The Jane Addams recreational trail runs from downtown Freeport to the Wisconsin state line.



In a speech given on Sept. 12, 1962 at Rice University in Houston, President John F. Kennedy proposed a \$5.4 billion space program designed to put a man on the moon and bring him back safely before the end of the decade.

National Assisted Living Week kicks off on Sunday, Sept. 10. The theme this year is a “Season of Reflection.” It provides us with the opportunity to reflect on all the ways Gardant-managed assisted living communities benefit residents and their families. We also can thank all of the dedicated staff members who make a difference in the lives of residents each and every day.



Sept. 10 also is Grandparents Day. It is a time to celebrate the bond grandparents have with their grandchildren.

September is Healthy Aging Month. Started more than 30 years ago, it is designed to encourage us to improve our physical and mental health; incorporate healthy habits into our life; and encourage others to stay active.

National Rehabilitation Week runs from Sept. 18 through 24 in recognition of the benefits of rehabilitation.



Sept. 21 is recognized as the International Day of Peace.

The last Wednesday in September is National Women’s Health and Fitness Day.



WELLNESS

Preventing A Fall by Deborah Denham RN, MSN, CPPS, CPHRM

According to the Centers for Disease Control, more than 1 in 4 older adults report falling each year—this results in about 36 million falls. Falls can cause serious injuries such as broken bones or a head or brain injury. But falls are not a normal part of aging—they can be prevented.

There are simple steps you can take to keep yourself from falling and to stay healthy and independent longer.

Speak up

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

Have your eyes and feet checked

Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

Stay active.

Exercise to improve your balance and strength. Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you.



Make your home safer

- Get rid of trip hazards like throw rugs, and keep floors clutter free.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower.
- Install handrails on both sides of staircases.
- Make your home safer.
- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use doublesided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Wear well-fitting shoes with good support inside and outside the house.

Recipe Corner Ginger-Lime Melon Salad

- 3 ½ pounds melon (such as cantaloupe, honeydew, and/or watermelon), peeled, seeded, and thinly sliced
- 1 tablespoon lime zest plus ¼ cup fresh juice (from 2 limes)
- 1 tablespoon grated fresh ginger (from 1 [2-in.] piece)

Directions

1. Gently toss together melon, lime zest, lime juice, and ginger in a large bowl. Transfer to a platter; serve immediately, or cover and chill until ready to serve, up to 3 hours.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Janet P (9/12)
- Marie N (9/16)
- Mary H (9/20)
- Dee M (9/22)
- Janet H (9/22)
- Robert G (9/23)
- Marvin M (9/25)

Staff Work Anniversaries:

- Angelia H (6 Years)
- Paige B (1 Year)
- Haylee J (2 Years)
- Melinda H (1 year)

Welcome New Staff:

- Astra (DA)
- Alexander (Cook)
- Hailey (Cook)
-

A Note from the Executive Director
Grandparents Day, taking place the Sunday after Labor Day every year, is a holiday for celebrating your Grandparents, whether that is biological Grandparents or just that special senior in your life. Grandparents are near and dear to my Heart; I was raised by my Grandparents in rural Farina. I spent much of my childhood growing up around seniors. I am forever grateful to my Grandparents for the caring and unconditional love they gave me. I am very blessed to work at Heritage Woods where I can be around “Grandparents” each and every day. I encourage you visit, call, or send a card to your Grandparent this Grandparents Day. Let us not forget the wisdom our seniors have that can be passed down from generation to generation. Forever Grateful!



Lucas Sigrist,
Executive Director



LIFESTYLE

Upcoming Events:

Date: 9/6 Time: 3pm

Location: Dining Room

Details: Mary K plays the Piano while guest sing along with her.

Date: 9/12 Time: 6pm

Location: Dining Room

Details: David Bonham sings and plays music. He is a Veteran and a pastor.

Date: 9/15 Time: 6pm

Location: Dining Room

Details: RJ Productions plays music and sings.

Date: 9/20 Time: 2pm

Location: Dining Room

Details: Cheri Cook Sings and plays music.

Date: 9/21 Time: 6pm

Location: Dining Room

Details: Hoosier Prairie Baptist Church comes to sing and have a sermon.

Date: 9/27 Time: 7-9am

Location: Dining Room

Details: Senior Breakfast!! Biscuits and Gravy, Sausage, drink.

Date: 9/27 Time: 3pm

Location: Dining Room

Details: Mary K plays the Piano while guest sing along with her.

Date: 9/27 Time: 7pm

Location: Dining Room

Details: Mennonites Cottage Meeting; Sing and have music.

Date: 9/28 Time: 12pm

Location: Dining Room

Details: Dr. Chung plays the piano.

Date: 9/29 Time: 2pm

Location: Dining Room

Details: Misfits of Beaver Creek come and sing along with music.

Horoscope

Aquarius (1/20-2/18)

This month will be full luck.

Pisces (2/19-3/20)

Clarity will come in all areas of life.

Aries (3/21-4/19)

Your hard work gives excellent results.

Taurus (4/20-5/20)

Changes are on the rise.

Gemini (5/21-6/20)

You will overcome your complexes and take a step towards your dreams.

Cancer (6/21-7/22)

Prepare for the beginning of a new life stage .

Leo (7/23-8/22)

Increased loads are coming.

Virgo (8/23-9/22)

You are in for unforgettable adventures.

Libra (9/23-10/21)

This is a good time for introspection, the search for true desires.

Scorpio (10/22-11/21)

This is a good time to participate in charity events, to help those in need: kindness will not go unnoticed.

Sagittarius (11/22-12/21)

Discover new facets of your talent by delving into a hobby.

Capricorn (12/22-1/19)

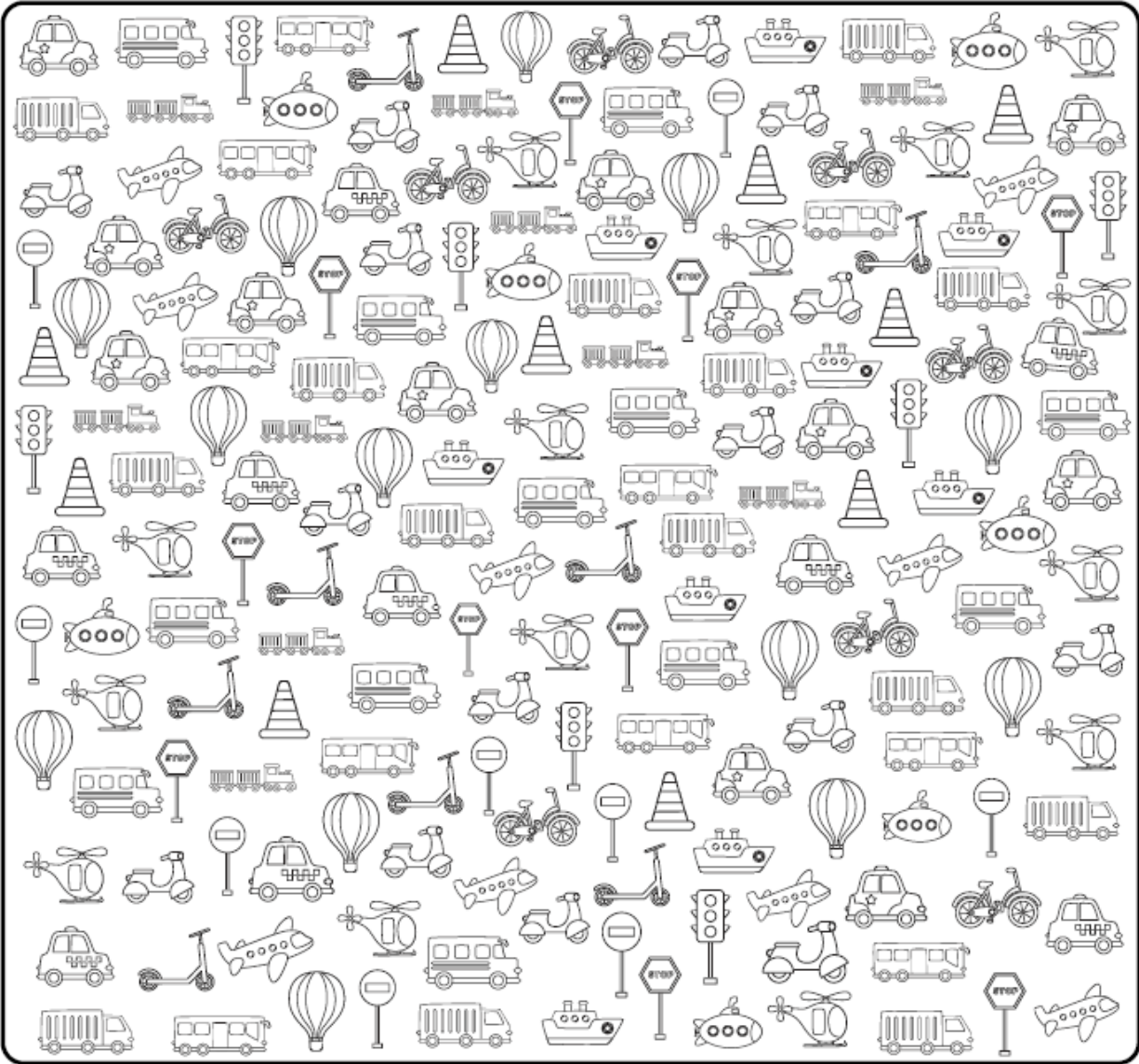
Good luck will accompany any undertakings, you just need to decide to take the first step. Act, not to soar in dreams.






















I SPY ROAD TRIP



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NAME: _____ DATE: _____

September Word Search

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

September

School

Acorn

Sunflower

Classroom

Fall

Autumn

Harvest

Sapphire

Equinox

Patriot Day

Aster

Labor Day

Migrate

Homework

Apples

Trails






Teacher



September



2023

Meeting Places	Public Invited!		Birthdays!!!	Physical Spiritual Vocational Intellectual Emotional Environmental Social				
<p>Sunday</p> <p>UPS: Updates, Exercise SIG: 5pm Up Front Desk DOW: Donorship Dining MC: Main Lobby ULT: Updates TV Lounge PPL: Front Parking Lot ACO: Activity Office UPK: Updates Kitchen</p>	<p>Monday</p> <p>Free Senior Breakfast! Wednesday, August 23rd 7-9am Come enjoy biscuits & Gravy, and a beverage!</p>	<p>Tuesday</p> <p>Vital Signs September 1st – 5th</p> 	<p>Janet P~9/12 Marie N~9/16 Mary H~9/20 Janet ~9/22 Dee M~9/22 Robert G~9/23 Marvin M~9/25</p>		<p>Wednesday</p> <p>6 Luau Party!!</p>	<p>Thursday</p> <p>7 Kitchen Korner!!!</p>	<p>Friday</p> <p>1</p>	<p>Saturday</p> <p>2</p>
<p>3</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>9:30a Exercise, UPS 10a Social, DOW 2p Movie Night!! 9 to 5, DOW</p>	<p>9:30a Exercise, UPS 10a Country Store, ACO 10a Manicures, UPK National Cheese Pizza Day for Lunch!! 2p Bingo, DOW</p>	<p>9a Walmart, SIG 10a Wii Bowling, UPS Luau Party for Lunch!!! 3p Mary K on piano, DOW</p>	<p>9:30a Exercise, UPS 10a Kitchen Korner: Fruit Dip, UPK 2p Bingo, DOW</p>	<p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Quilting with Mary Beth, UPK</p>	<p>9:30a Exercise, UPS 11:30a Daily Chronicle 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>		
<p>10 Grandparents Day!!!</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle</p> <p>National Hot Dog Day for Dinner!!!</p> <p>6p JC & The SONshine Saints, ULT</p>	<p>11 Assisted Living Week!!</p> <p>9:30a Exercise, UPS 10a Universal Yums, DOW 2p Country Drive, SIG</p> 	<p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW 6p David Bonham, DOW</p> 	<p>9a Walmart, SIG 10a Wii Bowling, UPS 2p Wellness Chats, DOW</p> 	<p>9:30a Exercise, UPS 10a Golden Circle Bingo, SIG 2p Bingo, DOW</p> 	<p>9:30a Exercise, UPS 10a Rachel the Dog, DOW National Cheeseburger Day for lunch!!! 1p Hair Salon, SIG 1p Country Store, ACO 2p Quilting with Mary Beth, UPK 6p R.J. Productions, DOW</p>	<p>9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle 6p Dominoes, UPK</p> 		
<p>17</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>18 Smart Bucks Auction!!!</p> <p>9:30a Exercise, UPS 2p Smart Bucks Auction!! DOW</p>	<p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p>	<p>20 Men's Group!!</p> <p>9a Walmart, SIG 10a Men's Group, UPK 2p Cheri Cook Sings, DOW</p>	<p>9:30a Exercise, UPS 2p Bingo, DOW 6:00p Hoosier Prairie Baptist Church, DOW</p>	<p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Quilting with Mary Beth, UPK</p>	<p>9:30a Exercise, UPS 11:30a Daily Chronicle 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>		
<p>24</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>25 Food Service Worker Day!!</p> <p>9:30a Exercise, UPS 10a Resident/ Food Council, UPS 2p Country Drive, SIG</p>	<p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p>	<p>27 Senior Breakfast!!</p> <p>7-9a Senior Breakfast!! 9a Walmart, SIG 3p Mary K on piano, DOW 7p Mennonites, DOW</p>	<p>9:30a Exercise, UPS 12p Dr. Chung! DOW 2p Bingo, DOW</p>	<p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Misfits Music, DOW</p>	<p>9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle 6p Dominoes, UPK</p>		

Open to the Public! 9/12 David Bonham 6-7pm Dining Room, 9/20 Cheri Cook Sings 2-3pm Dining Room, 9/29 Misfits of Beaver Creek 2-3pm Dining Room, **FREE SENIOR BREAKFAST!** Wednesday September 27th 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