

Heritage Herald

NOVEMBER 2023

At A Glance



Create a Pumpkin Cheeseball!



Thanksgiving is November 23rd!

Managed by



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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Last month, Greg and I had the wonderful opportunity to attend the KCC Foundation Scholarship Breakfast. It was a momentous event where we had the chance to meet many of the

scholarship recipients in person and listen to their inspiring stories. We also had the opportunity to connect with other donors who, like us, share a passion for education.

During breakfast, we had the pleasure of sitting at a table with Avery Chandler, one of the scholarship recipients. Avery is currently a sophomore at KCC and is pursuing a double major in education and communication. She has a true love for writing and particularly enjoys sports journalism. In fact, some of her sports articles about KCC games have even been published in the local newspaper. We were truly impressed by her dedication and talent.

Not only is Avery involved in writing, but she is also the student liaison leader who attends the foundation board meetings. This shows her commitment to making a positive impact on her campus and community.

Avery will be getting her Bachelor's in English Education once she graduates KCC and attends Olivet Nazarene University. Her goal is to be a high school English teacher



and will hopefully use her journalism talents at ONU as well. It was such a pleasure to meet Avery and hear about her plans for her future!

It was incredibly inspiring to see how young minds like Avery are actively planning for their future and pursuing their passions. As Greg and I interacted with Avery and other scholarship recipients, we could not help but reflect on our own experiences and the journey we once embarked on. It is truly heartwarming to witness the potential of these young individuals and the bright future they are creating for themselves.



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IN THE NEWS

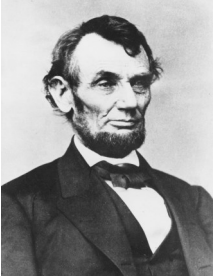
ABOUT THE MONTH OF NOVEMBER

Rick Banas

We celebrate Thanksgiving in the United States on the fourth Thursday of November. One commonly believed story has the origins of our Thanksgiving dating back more than 400 years to what is now Cape Cod. The pilgrims invited the Wampanoag Indians to share a meal in celebration of the Pilgrims’ first harvest. Thanksgiving Day did not become an official national holiday until 1863 when President Abraham Lincoln proclaimed a National Day of Thanksgiving to be celebrated every November. It was a day to thank and praise God.



Did you know that at one point in time turkey was a rare treat? During the 1830s, a turkey weighing eight to ten pounds cost a day’s wages.



The Boston Female Medical School, the first medical school for women, opened on Nov. 1, 1848.

Abraham Lincoln was elected President of the United States on Nov. 6, 1860. He won with 40% of the popular vote.

On Nov. 11, 1938, the song “God Bless America” was performed for the first time. Written by Irving Berlin, the song was sung by entertainer Kate Smith on her radio broadcast.

Nov. 11 is Veterans Day. We salute all of the veterans who served our country.



Nov. 13 is World Kindness Day, and Nov. 14 is National Pickle Day.

November is National Peanut Butter Lovers Month as well as American Diabetes Month and National Alzheimer’s Disease Awareness Month.

Alzheimer’s is one form of dementia. Other forms include vascular dementia, Lewy Body disease, and frontotemporal dementia. According to dementia care specialist Teepa Snow, recent research indicates there are as many as eight different variations of Alzheimer’s disease. People with diabetes that is poorly controlled are 77% more likely to develop dementia. One of the hardest parts of caregiving, says Snow, is letting go of our reality to figure out the reality of the person with Alzheimer’s. More information about Alzheimer’s Awareness can be found on the Alzheimer’s Federation of America’s website at <https://alzfdn.org/alzawarenessmonth/>.



WELLNESS

Alzheimer Awareness

Chrisi Karcz VP Clinical Operations

The month of November is recognized as Alzheimer’s Awareness Month. It is a time for increased awareness and support for over 6.2 mil. Americans living with Alzheimer’s. It is important to recognize memory loss is not a normal part of aging. Symptoms of Alzheimer’s Disease include:

- Memory loss
- Poor judgment leading to bad decisions.
- Loss of spontaneity & sense of initiative
- Taking longer to complete daily tasks.
- Repeating questions
- Trouble handling money and paying bills.
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression
- Difficulty with language



Healthy Facts to help seniors stay well include:

- Eat well and stay active
- Learn new things
- Get enough sleep
- Mind your meds
- Stop smoking and limit alcohol
- Stay connected
- Know your blood pressure and see your doctor
- Get a memory screening

While there currently isn’t a cure for Alzheimer’s, early detection and diagnosis can assist with plan of care. The Alzheimer’s Association is a great resource for those affected by Alzheimer’s and other dementia related diagnoses. They offer resources including facts, support groups and a 24/7 call Help Line, 1-800-272-3900.



Recipe Corner Pumpkin CheeseBall

- 16 oz cream cheese
- 12 oz. shredded cheddar cheese
- 8 oz. pumpkin puree
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 pinch of salt
- 2 Tbs. finely minced sage leaves + 2 leaves for the vine
- 1 pretzel rod for the stem

Directions

1. In a large bowl, add HALF the shredded cheese and everything else. Keep the rest of the cheese in the fridge.
2. Mix everything on high speed using a mixer.
3. Form the mixture into a ball shape. Cover the bowl with plastic wrap and leave in the fridge for at least 1 hour.
4. Place a large piece of saran wrap on the counter and pour the rest of the shredded cheese on a plate. Scoop the mixture out of the bowl and directly onto the shredded cheese. Roll it around til it’s covered.
5. Place the cheese ball in the center of the plastic wrap and shape it into a ball.
6. Place 3-4 rubberbands around the ball to shape it into a pumpkin. Freeze for 30 min to keep it’s shape. Add the pretzel and leaves when going to serve.
7. Serve with crackers/pretzels!



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Jean L 11/08
- Trudy N 11/15
- Elenora B 11/25

Staff Work Anniversaries:

- Lucas S 11 Years
- Ryan P 3 Years



A Note from the Executive Director

Lucas Sigrist

Wow!! How fast has this year gone by!! November is a time to spend with our families being thankful for all the blessings God has bestowed upon us. I am thankful for all of you and making this community home!! I look forward to all our community events together this month and next month. The Holiday Season is upon us. With that comes some cold weather, but we are all in it together and Spring will be here soon!! Enjoy your time with family and friends and stop by my office and introduce your family to me. I would be glad to meet them!!





LIFESTYLE

Upcoming Events:

Date: 11/01/23 Time: 2:00-3:00PM
Location: Heritage Woods Dining Room
Details: Starting the month off right with Homemade Ice-Cream Social!! Come enjoy ice-cream with all the fixings!!

Date: 11/14/23 Time: 6:00-7:00PM
Location: Heritage Woods Dining Room
Details: David Bonham...Come Enjoy the Music!!!

Date: 11/17/23 Time: 6:00-7:00PM
Location: Heritage Woods Dining Room
Details: RJ Production: Bring your singing voice....Always a great time as we all join in singing as a community!!

Date: 11/24/23 Time: 2:00-3:00PM
Location: Heritage Woods Dining Room
Details: Misfits of Beaver Creek...Another great music event that you will not want to miss out on!!

Date: 11/29/23 Time: 7:00-9:00AM
Location: Heritage Woods Dining Room
Details: Free Senior Breakfast...Bring your appetite!!! Biscuits & Gravy, Sausage, and Beverage! All Seniors Welcome!!



Horoscope

Aquarius (1/20-2/18)

Growth is expected in the first week of the month.

Pisces (2/19-3/20)

Your ambitions are protected by the planets.

Aries (3/21-4/19)

Venus and Mercury will help Aries people to overcome difficulties

Taurus (4/20-5/20)

Mars and the sun will direct your actions.

Gemini (5/21-6/20)

Stars will help in maintaining good health.

Cancer (6/21-7/22)

Social connections will help you progress this month.

Leo (7/23-8/22)

Venus will help you overcome challenges in life.

Virgo (8/23-9/22)

Jupiter will propel your growth activities.

Libra (9/23-10/21)

You will have the help of planets in your growth of your life.

Scorpio (10/22-11/21)

Saturn will help your talents to flourish.

Sagittarius (11/22-12/21)

Relationships will flourish this month.

Capricorn (12/22-1/19)

Mars will help propel your progress in life.







Thanksgiving Word Search

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

THANKFUL
BLESSING
FAMILY
FRIENDS
LOVE
HOPE

GOBBLE-GOBBLE
TURKEY
DRESSING
CRANBERRY
YAMS
PIE

FALL
PILGRIM
INDIAN
FEAST
FOOTBALL
PARADE

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE ANSWER.






WHAT'S BLUE AND COVERED WITH FEATHERS?

_____!
_____☺



November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Free Senior Breakfast</p> <p>Wednesday 22nd of November 7-9am!! Come enjoy biscuits and gravy, Sausage, and a drink!!</p>	<p>Birthdays!</p> <p>Jean L 11/108 Trudy N 11/115 Elenora B 11/125</p>	<p>VETERANS DAY HONORING ALL SERVED</p>	<p>1 Ice Cream!</p> <p>9a Walmart, SIG 2p Home Made Ice cream, DOW 3p Mary K on Piano, DOW</p>	<p>9:30a Exercise, UPS 2p Bingo, DOW</p> 	<p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Wrapping Christmas Gifts-Santa Smiles, UPK</p>	<p>9:30a Exercise, UPS 11:30a Daily Chronicle 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p> 
<p>5 Time Change-Fall Back</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>6</p> <p>9:30a Exercise, UPS 10a Manicures, DOW 2p Country Drive, SIG</p>	<p>7</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p>	<p>8</p> <p>9a Walmart, SIG 10a Wii Bowling, UPS 2p Wellness Chats, DOW 3p Mary K on Piano, DOW</p>	<p>9</p> <p>9:30a Exercise, UPS 10a Golden Circle Bingo, DOW 2p Bingo, DOW</p>	<p>10</p> <p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Quilting with Mary Beth, UPK</p>	<p>11 Veteran's Day</p> <p>9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle 6p Dominoes, UPK</p>
<p>12</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>13 Smart Bucks Auction!</p> <p>9:30a Exercise, UPS 2p Smart Bucks Auction, DOW</p>	<p>14</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW 6p David Bonham, DOW</p>	<p>15</p> <p>9a Walmart, SIG 2p Cheri Cook Sings, DOW 3p Mary K on Piano, DOW 7p Mennonites, DOW</p>	<p>16</p> <p>9:30a Exercise, UPS 10a Teatime with the Nurses, UPK 2p Bingo, DOW 6:00p Hoosier Prairie Baptist Church, DOW</p>	<p>17</p> <p>9:30a Exercise, UPS 10a Rachel the Dog, DOW 1p Hair Salon, SIG 1p Country Store, ACO 2p Quilting w/ Mary Beth, UPK 6p RJ Productions, DOW</p>	<p>18</p> <p>9:30a Exercise, UPS 11:30a Daily Chronicle 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>
<p>19</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>20</p> <p>9:30a Exercise, UPS 10a Universal Yums, DOW 2p Country Drive, SIG</p> 	<p>21</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p>	<p>22</p> <p>9a Walmart, SIG 3p Mary K on Piano, DOW</p>	<p>23 Thanksgiving Day!</p> <p>9:30a Exercise, UPS 12p Dr Chungli, DOW 2p Bingo, DOW</p> 	<p>24 Don't Miss the Misfits!</p> <p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Misfits Music, DOW 2p Quilting with Mary Beth, UPK</p>	<p>25</p> <p>9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle 6p Dominoes, UPK</p>
<p>26</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle 6p JC & The SONshine Saints, ULT</p>	<p>27</p> <p>9:30a Exercise, UPS 10a Resident/ Food Council, UPS 2p Country Drive, SIG</p>	<p>28</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p>	<p>29 Free Senior Breakfast!</p> <p>7-9a Free Senior Breakfast!!! 9a Walmart, SIG 10a Wii Bowling, UPS 2p Wellness Chats, DOW 3p Mary K on Piano, DOW</p>	<p>30</p> <p>9:30a Exercise, UPS 2p Bingo, DOW</p>	<p>Meeting Places</p> <p>UPS: Upstairs Exercise SIG: Sign Up Front Desk DOW: Downstairs Dining ML: Main Lobby ULT: Upstairs TV Lounge FPL: Front Parking Lot ACO: Activity Office UPK: Upstairs Kitchen</p>	<p>Vital Signs November 1st - 5th</p>  <p>Physical Spiritual Vocational Intellectual Emotional Environmental Social</p>

Open to the Public! 11/14 David Bonham 6-7 pm Dining Room, 11/17 RJ Productions 6-7 pm Dining Room,

Don't miss this!: 11/24 Misfits of Beaver Creek 2-3 pm Dining Room

FREE Senior Breakfast! Wednesday November 29th 7-9 am: Biscuits & Gravy, Sausage & 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

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