

Heritage Herald

JANUARY 2024

At A Glance



Try some Berry Cobbler!



Let's Ring in this New Year Together!

Managed by



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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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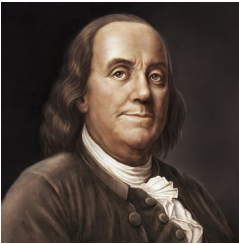




IN THE NEWS

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

TEXAS Health and Human Services

Source: Mayo Clinic

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

Birthdays/Anniversaries

Resident Birthdays:

- Betty L 1/6
- Mike S 1/11
- Royce E 1/18
- Alice P 1/22
- Shirley G 1/25
- Rita W 1/27
- Georgianna F 1/28
- Danny A 1/31

Welcome New Staff:

Angela Greenwood
Dietary Aide



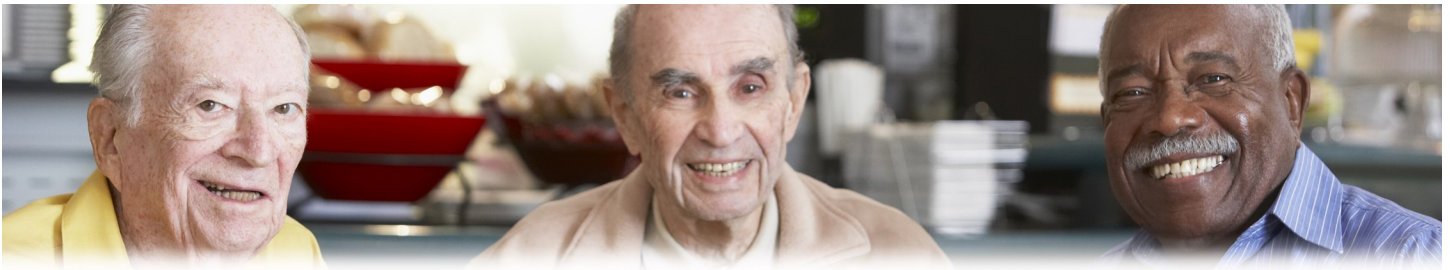
A Note from the Executive Director

Lucas Sigrist

I want to wish everyone a Happy New Year and am excited for all the activities we have planned. Our new Activity and Marketing Director, Chris Osborn, has a lot in store for us! She was born and raised in Clay City and still lives in this area. She loves working in her yard gardening and taking care of her chickens. Chris has two sons Cole and Kaleb as well as a two year old Granddaughter Maggie. She finds being a Grandma very rewarding and cherishes every moment!

Ms. Osborn is enjoying getting to know everyone here. Stop in and see her at the Country Store and get a few items to start the year off right!!





LIFESTYLE

Upcoming events

Date: 01-05-24 Time:2-3pm

Location: Heritage Woods Dining Room

Details: Misfits of Beaver Creek Come Enjoy some Great Singing and Fellowship with one another!

Date: 01-17-24 Time:2-3pm

Location: Heritage Woods Dining Room

Details: Herzing Family Band. Come out all Bluegrass music fans and enjoy the music! Always a great time!

Date: 01-24-24 Time:7-9am

Location: Heritage Woods Dining Room

Details: Free Senior Breakfast! Come enjoy Homemade Biscuits and Gravy prepared by our awesome kitchen staff!



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)

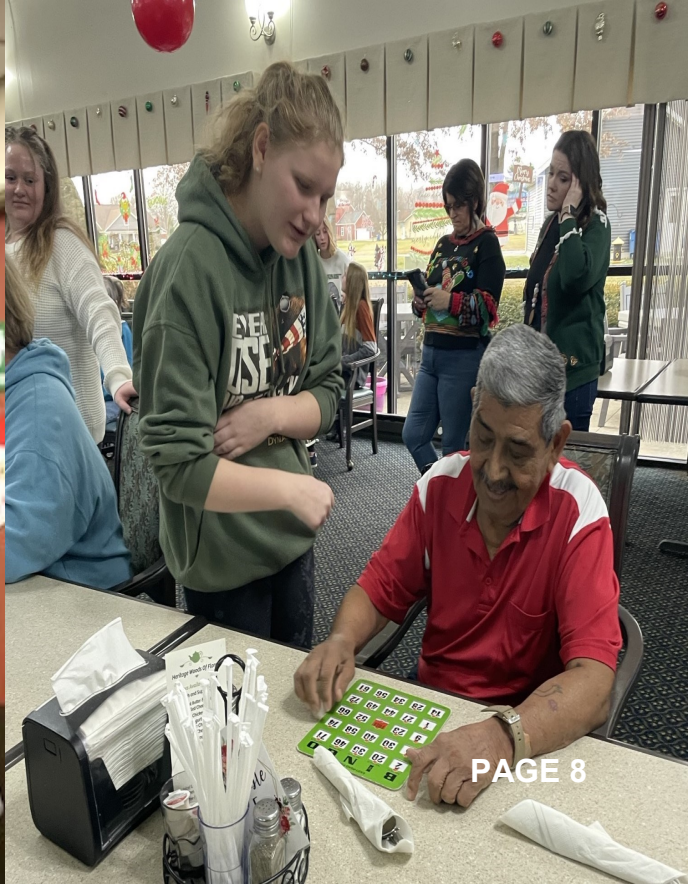
A powerful upsurge of energy will make it easier to achieve your goals.

Capricorn (12/22-1/19)

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









New Year's Eve Word Search

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

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|-----------|-----------|-----------|
| CELEBRATE | BALL | BALLOONS |
| EVE | CHEERS | COUNTDOWN |
| HOLIDAY | FIREWORKS | FUN |
| MEMORIES | JANUARY | KISS |
| PARTY | MIDNIGHT | NEW |
| YEAR | RESOLVE | SPARKLERS |



Printables4Mom.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions of Wellness	New Year's Day! 1	2	3	4	Misfits Music! 5	6
	10a Rose Parade, DOW 9:30a Exercise, UPS 4p Rose Bowl, DOW	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	9a Walmart, SIG 3p Mary K on Piano, DOW	9:30a Exercise, UPS 10a Universal Yums, DOW 2p Bingo, DOW	9:30a Exercise, UPS 1p Hair Salon, SIG 1p Store, ACO 2:00p Misfits of Beaver Creek, DOW	9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Chronicle, DOW 6p Dominoes, UPK
7	8	David Bonham Music! 9	Wellness Chats! 10	Bingo Trip! 11	12	13
9a Xenia Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 10a Food Council, UPS 2p Country Drive, SIG	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	9a Walmart, SIG 1p Wii Bowling, UPS 2p Wellness Chats, DOW 3p Mary K on Piano, DOW	9:30a Exercise, UPS 9:45a Meals on Wheels Bingo Trip, SIG 2p Bingo, DOW	9:30a Exercise, UPS 1p Hair Salon, SIG 1ap Country Store, ACO	9:30a Exercise, UPS 11:30a Chronicle, DOW 2p Vending Bingo, DOW 6p Dominoes, UPK
14	15	16	Bluegrass! 17	18	Comfort Dog! 19	20
9a Xenia Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 10a Resident Council, UPS 2p Country Drive, SIG	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	9a Walmart, SIG 2p Herzing Bluegrass!, DOW 3p Mary K on Piano, DOW 7p Mennonites, DOW	9:30a Exercise, UPS 2p Bingo, DOW 6:30p Hoosier Prairie Baptist Church, DOW	9:30a Exercise, UPS 10:30a Rachel, DOW 1p Hair Salon, SIG 1p Store, ACO 6p RJ Productions, DOW	9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 6p Dominoes, UPK
21	22	23	Free Breakfast! 24	Creative Vision! 25	26	27
9a Xenia Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 2p Country Drive, SIG	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	7-9a Free Senior Breakfast, Dining Room! All are welcome! 9a Walmart, SIG 3p Mary K on Piano, DOW	9:30a Exercise, UPS 10a Creative Vision, DOW 12:30p Dr. Chung! DOW 2p Bingo, DOW	9:30a Exercise, UPS 1p Hair Salon, SIG 1ap Country Store, ACO	9:30a Exercise, UPS 11:30a Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK
28	Manicures! 29	30	Cookie Time! 31	Open to the Public!	Resident Birthdays	Activity Locations:
9a Xenia Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 10a Manicures, UPK 2p Country Drive, SIG	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	9a Walmart, SIG 2p Cookie Time w/Chris DOW 3p Mary K on Piano, DOW	Jan 17 th 2-3 p.m. Herzing Family Band plays Bluegrass! Jan 24 th 7-9 a.m. Free Senior Breakfast! Biscuits & Gravy!	Betty L 1/6 Mike S 1/11 Royce E. 1/18 Alice P 1/22 Shirley G. 1/25 Rita W. 1/27 Georgianna F 1/28 Danny A 1/31	UPS: Upstairs Exercise SIG: Sign Up Front Desk DOW: Downstairs Dining ML: Main Lobby UPK: Upstairs Kitchen ULP: Activity Office ULB: Upstairs Lobby ULT: Upstairs TV Lounge FPL: Front Parking Lot ACO: Activity Office Wellness Checks Jan. 1-5th!

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If you would like to request an activity or service not reflected on the calendar, please notify the Director of Marketing, Chris Osborn or Administrator, Lucas Sigrist. Activities are subject to change. Call 618-662-4599 for more information