

# Heritage Harold

JULY 2023

## At A Glance



Ice Cream Sandwich Cake...Yum!



Independence Day is Tuesday July 4th!

Managed by



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## A Note from the Executive Director

Sheila Amborn

Gardant shared a blog post about residents at Heritage Woods adding a Special Touch. We are honored that two of our residents wanted to add their special touch to our activity room by painting a mural. SaraLynn and Betty painted a wonderful landscape of trees with hidden animals and insects; you will even find Elvis. We invite you to stop by take a look, find the hidden objects, and sign your name on a leaf.

SaraLynn, 82 enjoys painting portraits her first painting captured the likeness of Elvis Presley, she continues to paint and surround herself with portraits of Elvis. SaraLynn has resided at Heritage Woods of Freeport for 10 years.

Betty, 93 enjoys painting folk art pieces and have sold many of her paints at numerous art and craft shows. Betty has resided at Heritage Woods for 6 years.

SaraLynn and Better became good friends while living at Heritage Woods of Freeport because of their common love of art and Wii Bowling.

If you missed the blog post please check out our Facebook page.

Betty displaying some of her Folkart



SaraLynn with her Elvis Portraits



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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.



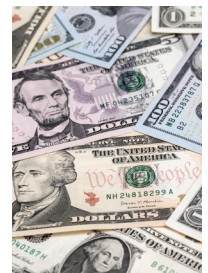
Blame Abe? President Abraham Lincoln signed the first income tax bill on July 1, 1862, levying a tax of 3% on incomes of \$600 to \$10,000 and 5% on incomes of more than \$10,000. The Bureau of Internal Revenue also was established.



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](http://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:**

- Eva L. (07/05)
- Jacqueline H. (07/05)
- Michael F. (07/06)
- Gerald D. (07/08)
- Patsy E. (07/08)
- Sara S. (07/11)
- Henry K. (07/21)
- Robert G. (07/26)

### **Staff Work Anniversaries:**

- Stephanie B. (5 Years)
- Michelle T. (4 Years)
- Tia C. (3 Years)
- Diana H. (2 Years)
- Ahyanna B. (2 Years)
- Nise M. (1 Year)
- CJ B. (1 Year)
- Daniel G. (1 Year)

## **Community Partner in the News**

Executive Director—Sheila Amborn

June was quite the busy month for Heritage Woods of Freeport,. First came our Spaghetti Supper fundraiser for The Longest Day, we appreciate everyone who purchased and were able to raise \$203 to be added to our fundraising efforts.

Second came our 10 year Anniversary Celebration—what a wonderful day. We honored 1 resident who has resided at HW since 2013 and 4 employees who have been employed with HW since 2013. The fellowship was grand as well as the food; our dietary team knocked it out of the park with their table size charcuterie board.

Thirdly came The Longest Day Celebration; residents and staffed joined us on a walk around the parking lot showing support to the Alzheimer's Association. We drew the winners of the 5 raffle baskets that were donated by HW's management team. At the end of the day we totaled all donations to equal over \$1800 that will be donated to the Alzheimer's Association.

If you missed any of these events check out our Facebook page to capture the memories made.

## **Community Partner in the News**

Patty Monks-Director of Marketing Director

July 3-Red White and Boom cook out 11am

July 3-Red White and Boom celebration 2pm

July 4th-Stockton July 4th bingo truck-come play some bingo

July 6-Elenor Wachlin Piano sing along 1pm

July 14-Cub food brat cooking for Greater Freeport Partnership

July 18-Crafting corner 10am

July 21-Christmas in July Bell ringing at Farm & Fleet for  
Salvation Army

July 25-Come see Butch & Britta K-9 Comfort Dogs 930am

July 27-Birthday & new resident Lunch with Executive Director



# LIFESTYLE

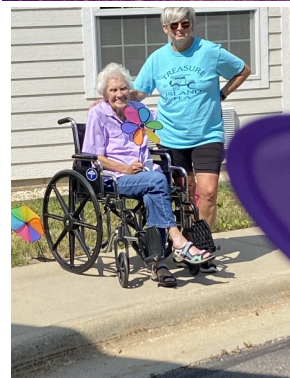
June was a very special month for Heritage Woods of Freeport



*Heritage Woods of Freeport*

## 10 Year Anniversary

An Affordable Assisted Lifestyle Community for the Older Adult



## 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.

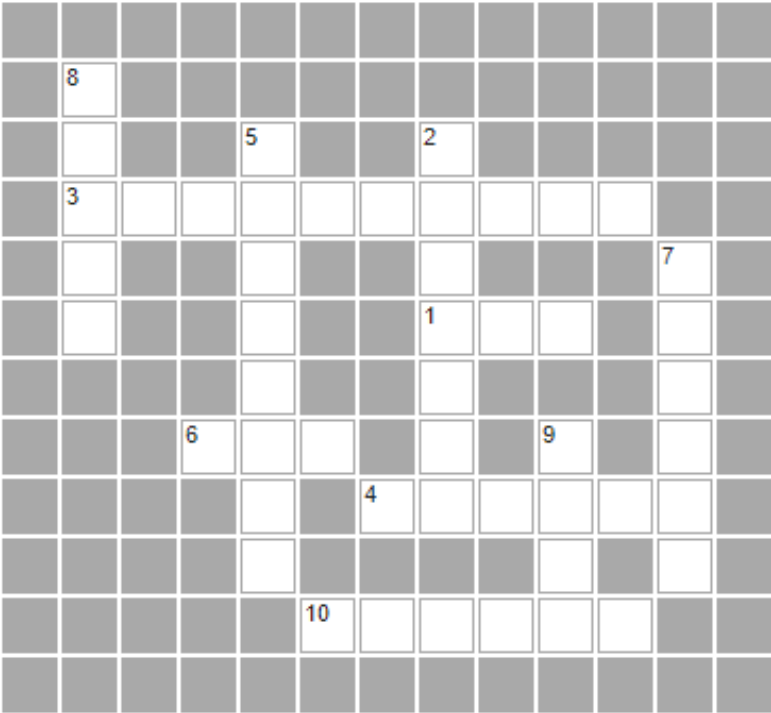




# CROSSWORD

## Independence Day Crossword Puzzle

**Instructions:** Complete the crossword puzzle by filling in the Independence Day words that fit the clues.



**Across**

- 1. Traditional color of a rose
- 3. Body that enforces state policy
- 4. Procession of marching bands and floats
- 6. Opposite of night
- 10. Stand together

**Down**

- 2. North \_\_\_\_\_
- 5. Something inherited from the past
- 7. Warmest season
- 8. Large powerful bird of prey
- 9. Structured playing





# ANSWERS

## Independence Day Crossword Puzzle Key

	e											
	a		h			a						
	g	o	v	e	r	n	m	e	n	t		
	l		r			e					s	
	e		i			r	e	d			u	
			t			i					m	
			d	a	y		c		g		m	
			g			p	a	r	a	d	e	
			e						m		r	
						u	n	i	t	e	d	

