

Heritage Herald

NOVEMBER 2023

At A Glance



Create a Pumpkin Cheeseball!



Thanksgiving is November 23rd!

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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

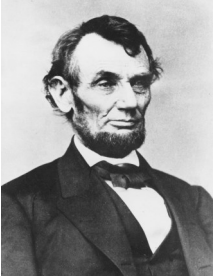
ABOUT THE MONTH OF NOVEMBER

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:

- 11/13– Danny C.
- 11/17– Catherine G.
- 11/21– Nancy B.
- 11/23– Shirley F.
- 11/30- Mary P.

Staff Work Anniversaries:

- Sheila A. (10 Years)
- Kay A. (10 Years)
- Randy H. (3 Years)
- Jordyn D. (3 Years)
- Valerie T. (1 Years)



A Note from the Executive Director

Sheila Amborn, Executive Director

Join us Tuesday, November 14th-4p-6p as we celebrate our 2023 Silver National Quality Award. We will also be celebrating the Official Community Choice Award for Best Assisted Living Community for the Region 2023.

The 2023 Silver National Quality Award application is a long and rigorous process that truly showed Heritage Woods of Freeport's fortitude to stay committed to the process over several months. The AHCA NCAL Silver Award is a national award given to communities that demonstrate they have reached a standard of excellence in quality, evaluate and improve their processes, creating a systematic approach that leads to and sustains positive results using the Baldrige Excellence Framework Silver and Gold awarded centers have better quality metrics, surveys, and staffing satisfaction than the rest of the nation. Earning the *Silver – Achievement in Quality* award requires a long-term care facility to achieve the *Bronze – Commitment to Quality* award prior to moving to the Silver level. In 2020 Heritage Woods of Freeport was awarded the Bronze – commitment to Quality award.

The Executive Director of Heritage Woods of Freeport leads the management team in the process of collecting data and describing improvement processes, the management team then implemented the process to ensure that they were consistently excelling in each of the key criteria categories through their actions and day-to-day devotion to residents, team members, families, and owners.

Sheila Amborn, Heritage Woods of Freeport 's Executive Director states:

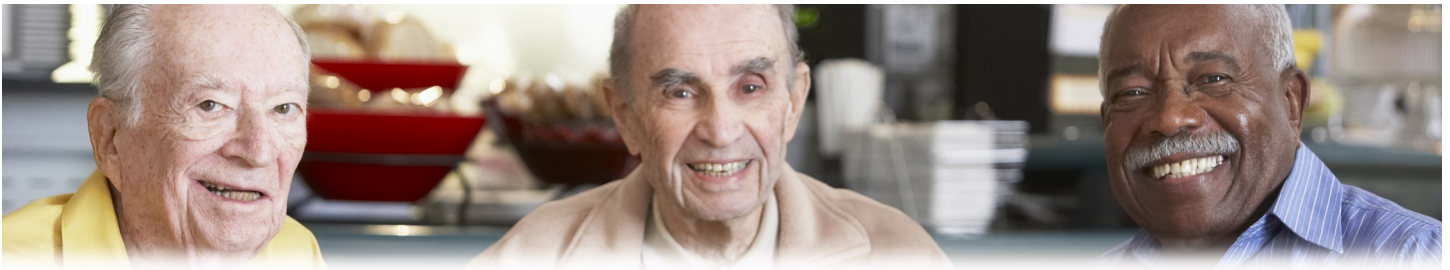
This award falls right in line with our mission statement at Heritage Woods of Freeport "leading the way in Senior Living through Innovative and Inclusive Approaches to bring Value to our Business Partners and Vitality to all Residents and Employees through Touching Lives by providing Dignified Lifestyles that Enhanced by the Values of Love, Compassion, and Dignity. When gathering the data and preparing the application for the award we used the mission statement as our pillar; as it is always at the front of our minds when serving our residents, team member, families, and owners.

Community Partner in the News

Patty Monks, Director of Marketing and Sales

11/14/23-Silver National Quality Award Open House

11/16/23 –RAMP @ 2pm Amplified phones informational meeting



LIFESTYLE

October was Spook-tac-u-lar!

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.

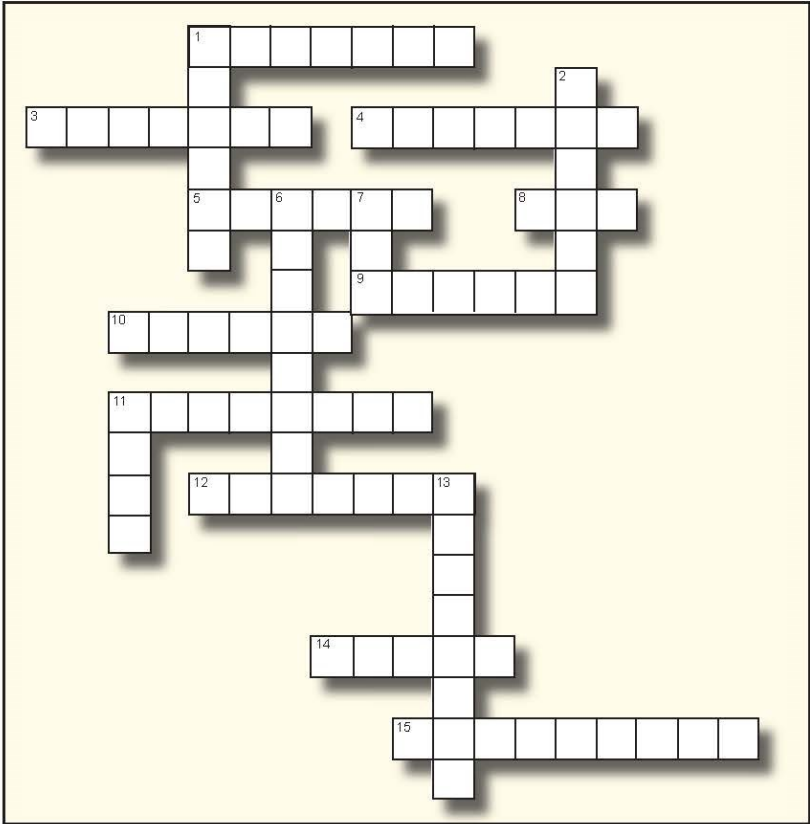




CROSSWORD

THANKSGIVING PUZZLE

Name: _____



Across

- 1. It makes a great pie or jack-o-lantern.
- 3. They came from England and built Plymouth Colony.
- 4. A special day, like Christmas, Easter and Thanksgiving
- 5. Breakfast, lunch and _____
- 8. A dessert with a round crust
- 9. We eat this bird on Thanksgiving.
- 10. To go from one place to another
- 11. A ball game with touchdowns and field goals
- 12. A word for gathering crops

- 14. A huge meal on a special occasion
- 15. The Pilgrims' ship

Down

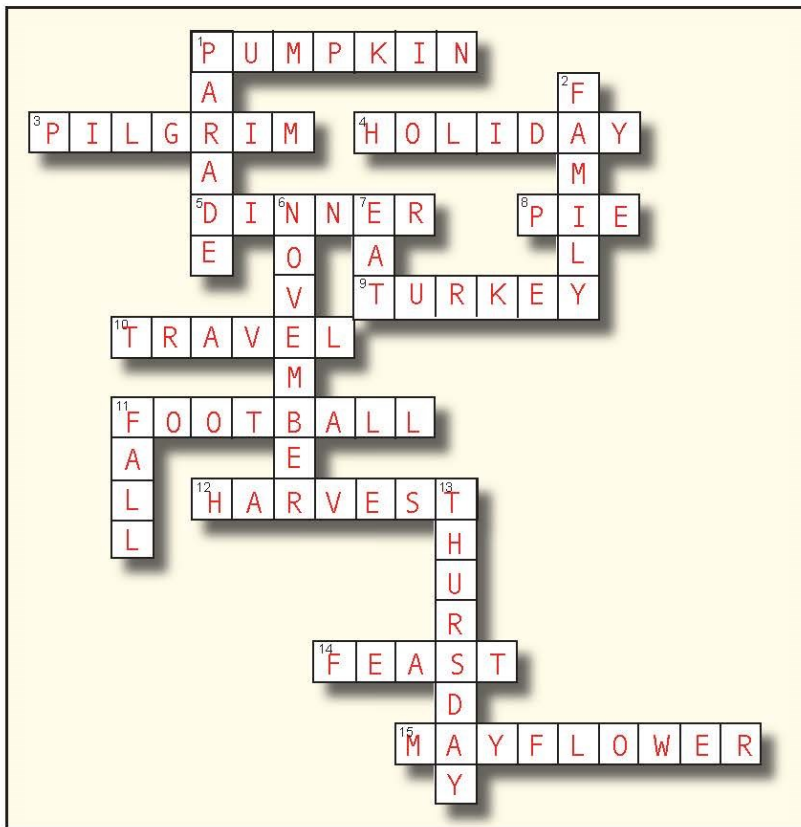
- 1. A procession of bands, floats and people
- 2. Our parents, brothers and sisters
- 6. The month after October
- 7. To take food into the mouth and swallow
- 11. Another word for autumn
- 13. Thanksgiving is always on this day.



ANSWERS

THANKSGIVING PUZZLE

Name: _____



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