

Heritage Happenings

FEBRUARY 2024

At A Glance



Red Velvet Cheesecake for Valentine's Day!



February is Heart Month

Managed by



4882 N. Convent Street
Bourbonnais, IL 60914
815-935-1992

www.gardant.com

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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Gardant had three communities win American Health Care Association/National Center for Assisted Living Silver Quality Awards this past year, Heritage Woods of

Freeport, Heritage Woods of Ottawa, and Heritage Woods of Minooka. There were only 8 assisted living communities nationally to achieve this honor in 2023, so it called for a celebration!

Being recipients of the Silver Quality Awards is indicative of the community's dedication to serving residents and their on-going commitment to quality improvement. The program is based on the nationally recognized Malcolm Baldrige Excellence in Quality program. We are extremely thankful for the compassion and dedication shown by each community!

Each of the three communities hosted a celebration to commemorate their achievement! There was food, entertainment, visitors, political figures, Gardant staff, community staff, as well as the residents there to celebrate at each of these communities. It was rewarding to feel the proud energy in each community. We are so thankful for all the staff and members of the communities for working so hard on this achievement, and we look forward to celebrating more communities in the coming year!



Heritage Woods of Gurnee, Gurnee, IL 60031

847-623-6300 | <https://www.gardant.coheritagewoodsgurnee/>





IN THE NEWS

ABOUT THE MONTH OF FEBRUARY

Rick Banas

February is derived from the Latin word meaning purity or to cleanse.

It is the only month of the year in which there might not be a full moon.

The chances of being born on Feb. 29 and having a Leap Year Birthday is approximately 1 in 1,461.

February is Black History Month. The theme for 2024 is “African Americans and the Arts.”



Feb. 3 is National Women’s Physicians Day. The day honors the achievements and contributions of female physicians. It commemorates Elizabeth Blackwell , who became the first women in the United States to earn a medical degree. The year was 1849.

Feb. 3 also is The Day the Music Died Day. Buddy Holly, Richie Valens, the Big Bopper died in a plane crash after playing at the Surf Ballroom in Clear Lake, Iowa, in 1959. In 1971, Don McLean coined “The Day the Music Died” in his song “American Pie”.

A common belief in England and France during the Middle Ages was that Feb. 14 was the beginning of the mating season for birds.

Feb. 16 is National Do a Grouch a Favor Day. It is designed to provide a chance to lift someone’s spirits during the winter season and show them that kindness can made a difference.

The next day, Feb. 17, is Random Acts of Kindness Day. It is a day designed to make kindness a norm. Compliment someone. Reach out to a family member or a friend that you haven’t spoken to in a while. Send an uplifting message. Try at least once a day to make someone smile.

Feb. 20 is International Love Your Pet Day, a time to celebrate the bonds between humans and their pets.



February is American Heart Month. Heart disease is the leading cause of death in the United States and is largely preventable. According to the American Heart Association, what you can do to reduce your risk includes getting regular physical exercise and enough good quality sleep, maintaining a healthy weight, managing stress; and not smoking.



WELLNESS

Winter Safety—Do the Penguin Walk

Deborah Denham RN, MSN, CPPS, CPHRM

My mother and grandmother had this walk incorporated in their winter routine. As a young person, I thought it was a funny way to walk. Maybe it is. But in any weather conditions that may offer an opportunity for a slip or a fall, I now walk like a penguin.

Let me tell you how to walk like a penguin.

Spread your feet about a foot or so apart



Keep your knees loose with a slight bend



Walk flat footed, no tip toes and take shorter steps



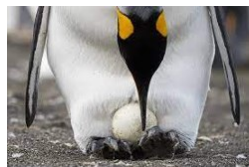
Wear footwear with traction



Use your arms for balance- keep hands as free as possible



Avoid carrying anything that might make you off balance



Please be safe and continue to do your daily walk.

Maybe it might have to be indoors right now. If you do need to walk outside, be careful of conditions and make sure you are prepared to walk like a penguin.

Recipe Corner Red Velvet Cheesecake

- 16 double stuffed Oreos (or similar cookie), crushed into crumbs
- 3 Tbs. unsalted butter, melted
- 1-8oz package of cream cheese, softened
- 1/2 cup confectioners sugar
- 8 oz semi-sweet chocolate chips, melted
- 1 tsp. vanilla extract
- 1-1/2 Tbs. red food coloring
- 1-8oz container whipped topping, thawed

Directions

1. In a small bowl, mix together cookie crumbs and butter. Then, spoon the mixture evenly into small jars or dishes. Press to form a crust.
2. In a large bowl, beat together cream cheese and confectioners sugar until the mixture is light and blended. Add the melted chocolate, vanilla, and red food coloring. Beat until blended evenly. Fold in the whipped topping.



3. Spoon the cheesecake mixture into the prepared cups over the cookie crusts.
4. Serve with whipped topping and chocolate shavings on top!



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

2/07 Karen M.

2/09 Glenn K.

2/09 Joe E.

2/11 Thaddeus C.

2/12 Leroy B.

2/14 Clarice S.

2/21 Pat J.

2/22 James J.

2/22 Tommy G.

2/26 Casimer P.

2/27 Dorothy J.



A Note from the Executive Director

Hello Family and Friends,

We are one month closer to Spring! Let's see how accurate the groundhog is this year. January was certainly cold and snowy enough for me. We have a new snow removal vendor who has done a great job at keeping our sidewalks and parking lots safe.

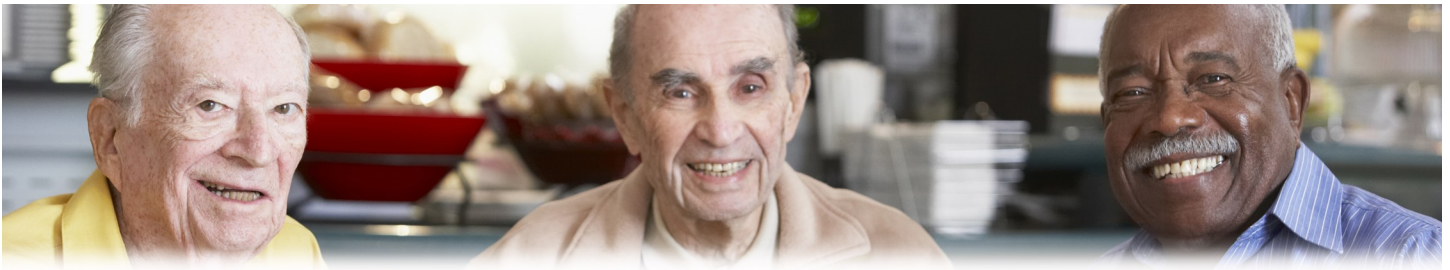
This month we will be hosting a Valentine's Day Party with "Elvis" as our special guest and Taco Tuesday; families and friends are invited so please RSVP at the front desk. We love sharing our events with families, friends, and visitors from outside the community.

Residents and Employees are looking forward to Heritage Woods of Gurnee's refresh scheduled for late Spring or Early Summer. The pictures we have seen from the Interior Designer look great and we will celebrate with a reveal party once the refresh is complete so keep your eye on the calendar.

We were sad to see our receptionist leave in January. However, we certainly wish her well as she pursues her goal of furthering her academic education. Our new receptionist will be starting this month.

Have a wonderful month!

Tammy Copano, RN
Executive Director



LIFESTYLE



Come join with a special guest Elvis

Valentine's Day

3775 Grand Ave
Gurnee, IL 60031
2-4pm

14 February

Please RSVP with our receptionist at 847-623-6300 or email at Marketing@hw-gurnee-slf.com



Heritage Woods of Gurnee
An Affordable Assisted Lifestyle Community for the Older Adult
847-623-6300 - 3775 Grand Avenue - Gurnee, Illinois 60031
Managed by Standard Management Solutions - www.standardmanagement.com



Horoscope

Aquarius (1/20-2/18)

Stay positive with all the important events happening this month.

Pisces (2/19-3/20)

Treat yourself with care. Maintain your energy and time.

Aries (3/21-4/19)

Positive events will happen for you this month!

Taurus (4/20-5/20)

Devote more time for family this month.

Gemini (5/21-6/20)

You will overcome internal problems.

Cancer (6/21-7/22)

Your personal life will bring you many surprises.

Leo (7/23-8/22)

Good luck will accompany all undertakings.

Virgo (8/23-9/22)

Let go of controlling situations, and they will develop it's own way.

Libra (9/23-10/21)

Make the most of the opportunities available!

Scorpio (10/22-11/21)

Calculate actions one step ahead and stick to the developed plan.

Sagittarius (11/22-12/21)

Try to avoid chaos this month!

Capricorn (12/22-1/19)

Bring more energy to your relationships.



TACO TUESDAY



February 27th

12-1PM

3775 Grand Ave Gurnee, IL 60031



**COME JOIN US TO GET A TACO AND NETWORK PLEASE RSVP TO MIKE 847-594-9433 OR EMAIL
MARKETING@HW-GURNEE-SLF.COM**



WORD SEARCH



Valentines Day

February 14th

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

- ADORE
- AFFECTION
- ARROW
- BE MINE
- BELOVED
- BOYFRIEND
- CANDY
- CHAMPAGNE
- CHERUB
- CHOCOLATE
- CUPID
- DARLING
- DEAREST
- FLOWERS

- GIFTS
- GIRLFRIEND
- HEARTS
- HUG
- I LOVE YOU
- KISS
- LOVE
- PINK

- POEM
- RED
- ROMANCE
- ROSES
- SWEETHEART
- VALENTINE





ANSWERS

Valentines Day

Word Search

SOLUTION

