

The Heritage Happenings

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 Beverly Fetherling

Summer is here—both officially on the calendar and the warm temperatures we have experienced. That means it's time to enjoy being outside soaking up Vitamin D from the sun.

Our Maintenance Director, Lorene; our Activities Director, Kat; and Housekeeping staff, Sandy P. and Shannan have all been very busy getting our back patio in top-notch condition for everyone to enjoy.

The flowers and vegetables they planted are wonderful and definitely adds a spark of color to the back patio. We have new tables and chairs plus a new awning to provide a shady spot when it's time to take a break from the sunshine.

As mentioned in last month's newsletter, everyone should stay hydrated when outside and speak with the nurses if you experience any health changes that may be heat related.

Last but not least, please make sure you RSVP for any guests that may be joining you for our Luau on 7/29/2023. There will be great food, drinks and fabulous entertainment by Jerry Downs and The Silouettes. Put on your favorite Hawaiian clothes and join us for a great time!



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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.

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:

- Barbara T. 7/6
- Lois N. 7/20
- Laura H. 7/29
- Judy N. 7/31



Staff Work Anniversaries:

- Summer B., dietary 7/16/15
8 years
- Monique M., nursing, 7/6/20
3 years
- Sandy P., hsk, 7/17/15
8 years

Thank you for all your hard work and dedication to our building.

Community Partner in the News

Kat F.

This past month we have had some fun events and July will be even better. There were a lot of birthday's in June, 3 of them being on Summer Solstice. We were able to enjoy the talented Ellyn's music from Vita's one last time before she continues on with her education. The talented Tim the Tune man followed the day after for our Bake Sale to help end Alzheimer's. The turnout may not have been what we anticipated but it was such a great time. Seeing all the staff and even a bakery from outside our community come together to help put it together reminded me what it is all about. From the good music, yummy snacks and the smiles and laughs. We still in total have raised \$377! I couldn't possibly be any more grateful for all the support.





LIFESTYLE

Upcoming Events:

Luau, friend and family party

Date: July 29, 2023

Time: 11-1

Location: outside, dining room

Details: Our first family and friend party since the pandemic. There will be a lot of Hawaiian themed foods & drinks as well as live entertainment.

YOU'RE INVITED
TO OUR
LUAU

JULY 29, 2023
11 AM - 1 PM
LIVE ENTERTAINMENT BY KANKAKEE COUNTY'S FAVORITE
JERRY DOWNS AND THE SILOUETTES

DELICIOUS HAWAIIAN THEMED FOODS & DRINKS WILL BE SERVED AROUND 12 PM

IN AN EFFORT TO MAINTAIN A SAFE ENVIRONMENT AND DUE TO LIMITED SEATING, GUESTS ARE LIMITED TO 4 PER APARTMENT.
(COUPLES ARE COUNTED AS A SINGLE RESIDENT)

PLEASE RSVP BY JULY 7, 2023

CALL (815) 468-3553

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)

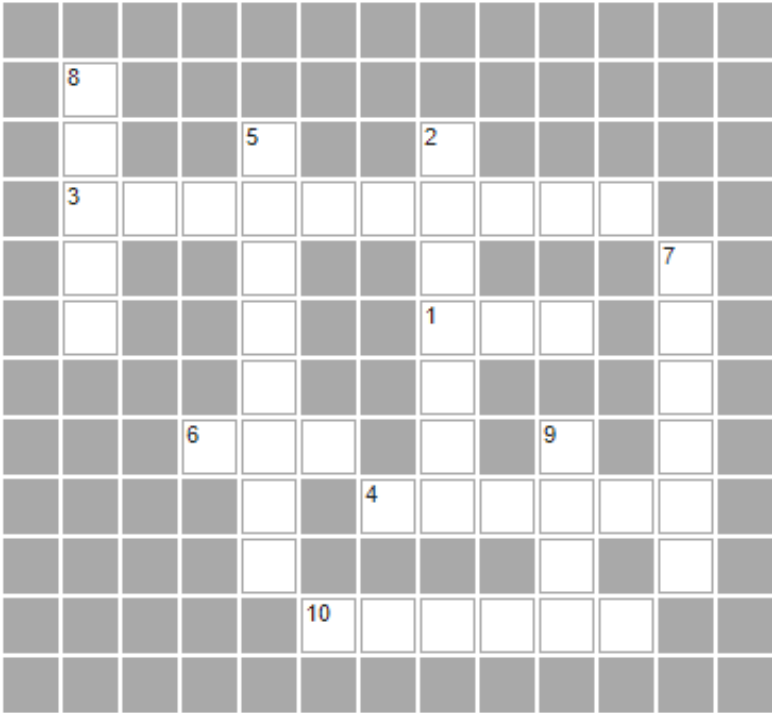
This cosmic climate allows you to assume larger than life roles, proceed with confidence.



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	
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			t			i					m	
			d	a	y		c		g		m	
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