

WORD AT THE WOODS

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: Dawn Elqunni

Now that summer is in full swing, I hope everyone has been enjoying the summer weather. Our first Family and Friends Picnic was a success. We hope everyone enjoyed sharing the day with family and friends. I know that our staff worked very hard on this event and I would like to say thank you to all that attended and worked so hard to make this day run smooth and easy for everyone. It was wonderful to meet new friends and family and watch the residents enjoy all the festivities. We can all look forward to making this a yearly event. In August we will be celebrating the communities 15th year of service. On Tuesday, August 15th we will be hosting a 15 years of Family Anniversary party at the building. We will have an afternoon event with Staff, Corporate Leaders, families and friends. I encourage everyone to attend so we can celebrate this wonderful Supportive Living Community that we call our home. More details regarding the party will follow.

As a reminder for the summer weather. Northwest Illinois weather is very unpredictable. Always dress in layers so you will be comfortable no matter what temperature is. Always carry some sunscreen and a bottle of water. Don't stay outdoors for long periods of time when the heat index is high. Sun and heat related illness can happen very fast and you will want to be prepared. Make sure to stay hydrated and it is always a good idea to have an umbrella handy for the unpredictable weather. Enjoy this wonderful time of the year. As always, my door is always open for any questions or concerns you may have. Have a safe and happy summer.



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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

Resident Birthdays:

MaryAnne W. 2nd
Robin R. 3rd
Russell M. 4th
Connie P. 18th
Donnie N. 20th
Linda L. 30th

Welcome New Staff:

Julian Maint. Asst.
Cassie Housekeeping
Maggie Dietary
Jazmine Dietary
Rob Nursing

Events You Won't Want to Miss!

Peachy Keen Big Bingo

Wednesday July, 18th Time: 2:00

Details: Enjoy an hour of Bingo with gift card prizes, raffles and a peachy treat you will be sure to love.

Educational Series: Health Therapy Jeopardy

Monday July, 24th Time: 1:30

Details: Join us for a fun, yet educational way to learn good health practices. Presented by HealthPro Heritage.



Reminders:

Food Committee meets on the first Tuesday of every month at 2:00 in the dining room. Residents are encouraged to meet to discuss our dining services.

Resident Council meets on the last Tuesday of every month at 2:00 in the dining room. This is the residents time to voice concerns and to find out what is going on in the community.



LIFESTYLE

Last Month in Pictures:



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)

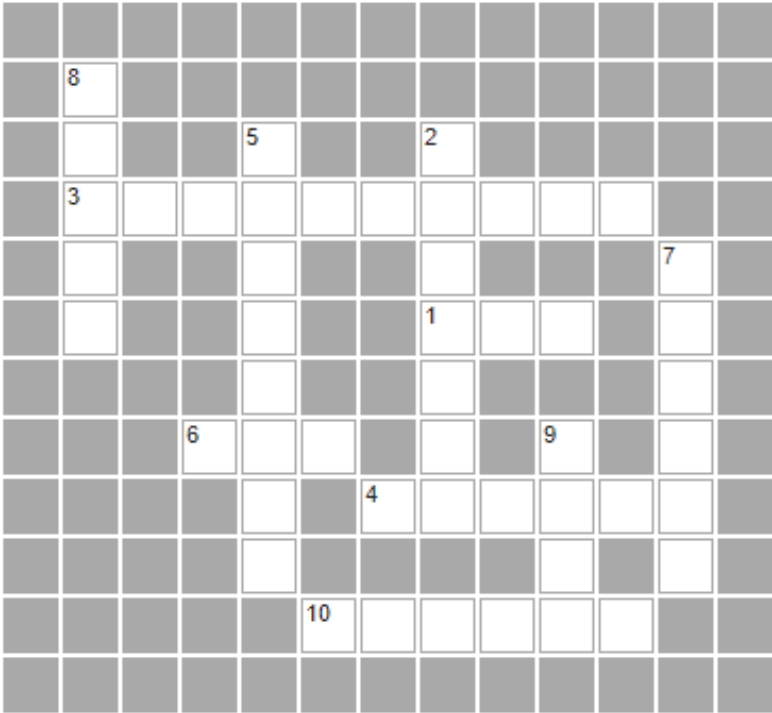
This cosmic climate allows you to assume larger than life roles, proceed with confidence.



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	

