

Heritage Woods of Newburgh Gazette

FEBRUARY 2022

At A Glance



Microwave Mac 'n' Cheese is a must!



Valentine's Day History and Heart Health

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From the Desk of the CEO

Rod Burkett

Not too long after writing last month's article about the importance of maintaining optimism during challenging times, I read an article that offered a different slant on the optimism concept.

This article featured a concept discussed in Jim Collin's bestselling book, "Good to Great", entitled the 'Stockdale Paradox'. US Navy Admiral Jim Stockdale was the highest-ranking officer held captive during the Vietnam War. He was repeatedly tortured during his eight years in prison, and he had no idea of when this captive hardship would end.

In the book Collins questions Stockdale as to how he was able to not only survive this elongated horrible ordeal, and even thrive after he returned to the States. Stockdale's answer was straightforward. "I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life, which, in retrospect, I would not trade." "This is a very important lesson. You must never confuse faith that you will prevail in the end—which you can never afford to lose—with the discipline to confront the most brutal facts of your current reality, whatever they may be."

Collins further asked Stockdale to elaborate on those who did not fare so well. It was the prisoners who were overly optimistic...those who counted on being set free by the next holiday...or the next holiday...or the next. Many of these perished due to the cumulative toll of such serial disappointments.

Therefore, looking forward into the remainder of the year, none of us are assured as to where the COVID finish line will be. It is important to maintain a positive attitude, but not fall prey to blind optimism. Balance a strong faith that you will have the stamina to prevail in the end, with the reality of what is on your plate today and tomorrow.

Wishing you Strength and Peace in 2022!



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IN THE NEWS

About Love, Hearts and Kindness

Rick Banas

Valentine's Day

A common practice here in the U.S. is to celebrate Valentine's Day on Feb. 14 with chocolates, flowers, fancy dinners in restaurants, and cards and love letters decorated with hearts, red roses, and images of Cupid. It is a popular day for proposals of marriage and for weddings.

In Roman mythology, Cupid is the son of Venus, the god of love and beauty. Legend tells us that Cupid is armed with a bow and arrow that enables him to pierce people's hearts, causing them to fall in love.

The origins of Valentine's Day date back more than 1,500 years. It is believed that in the year 496 Pope Gelasius created Valentine's Day as a way to celebrate the life of St. Valentine, who was martyred around the year 270.

St. Valentine was a priest in Rome who arranged for couples to be married in secret. He also was the patron saint of beekeepers.

He was jailed and killed by the Roman Emperor Claudius II, who had banned marriage because he believed married men made bad soldiers.

As the story goes, St. Valentine fell in love with his jailer's daughter while in prison. When he was being taken from the prison to be executed on Feb. 14, he sent her a love letter signed "from your Valentine."

American Heart Month

February is American Heart Month. According to the Heart, Lung and Blood Institute, heart disease ranks as the #1 killer of men and women in the U.S.

Fortunately, you can take steps to reduce your risk. The steps include monitoring your cholesterol and blood pressure; maintaining a healthy weight; managing stress; engaging in regular physical activity; getting enough good quality sleep; and quitting smoking.

Random Acts of Kindness

Feb. 17 is Random Acts of Kindness. The theme this year is "Make Kindness the Norm."

I encourage you to engage in acts of kindness – random or otherwise - each and every day.

P.S. A big part of our mission is to enrich the lives of residents by providing them with the Love, Compassion, and Dignity they deserve in addition to the personal assistance and support services they need.



WELLNESS

Core Strengtheners

Deborah Denham RN, MSN, CPPS, CPHRM

I hope all of you are still doing your deep breathing. It is still a daily conscious exercise for me. I still have to remember to exhale. As a lifelong learner, I love to share things that I learn along the way. Yoga, although I cannot do most of the positions—yet, is teaching me other skills that I will share with you.

One of the things my mother always stressed was posture. “Stand up straight” “Put your shoulders back”. All of you have probably had that mentioned at one time or another by a parent or caring aunt. My sisters and I would walk around the living room with books on our heads. Posture is important as it comes from core strength. Core strength is the support system for the rest of the body. It is your internal balancing system. All movements come out from that point. If your core is strong, it makes doing physical activities easier and reduces pain.

During this journey with my YouTube Yoga teachers, I have learned a new way to address my posture, thus addressing my core strength. In the 1970’s and 80’s, the exercise gurus like Jane Fonda and Richard Simmons would use the reference of visualizing pulling a string up through the top of your head, straightening your spine and lengthening the central body cavity. I have learned a new trick.

Think of the body as two halves divided through the center. Your front is on one half and your back is on the other. Now, standing, or sitting, shift the weight of the back half towards the ground. Rooting yourself. This is a small movement, changing the pressure point of your stance or seating. Then raise the front half up (think of your sternum lifting), again, a very small movement, this opens the chest cavity and the abdominal cavity. I was very surprised at the amount of movement I was able to incorporate doing this simple 2-part realignment. I was delighted that I am using new muscles which indicated I had some strengthening to do.

You can incorporate this movement while standing in line or waiting for the elevator. Anytime you have 30 seconds of “me time”. I doubt it will make me taller, but I feel taller when I make this adjustment. I hope you try it and find that you can feel the difference in your center (core).

Recipe Corner Microwave Mac ‘n’ Cheese



- 1/2 cup small elbow macaroni
- 1/2 cup water
- 1/2 cup finely shredded cheddar cheese
- salt and pepper, or hot

sauce optional, adds more flavor

Directions

1. Add water and macaroni into an extra large mug (I recommend at least 20 ounce mug/2.5 cups).
2. Place the mug on a large plate (this is to catch the overflow of water that occurs when cooking). Your macaroni should only rise to 1/3 or at the most 1/2 of the mug.
3. Microwave at full power for 1 minute. Remove mug and stir macaroni, making sure to loosen any macaroni that may be stuck to the bottom of the mug.
4. Microwave for an additional 1 minute and stir again. Macaroni should be almost cooked after the 2nd minute mark and most of the liquid should be almost gone, but your macaroni should still be moist. Working quickly, add in cheese and stir until cheese completely melts and evenly coats the macaroni. Add salt, ground black pepper or hot sauce if desired. Eat immediately



LIFESTYLE

Celebrated the King of Rock and Roll

Administrator

Elizabeth Morgan

Director of Nursing

Nicole Russell

Business Office Manager

Christine Roberts

Marketing

Aubree Armstrong

Move in Coordinator

Tara Willett

Activities

Dawn Schulte

Dietary Manager

Brandi Fagoroye

Environmental Director

Mark Simpson





LIFESTYLE

Event You Don't Want to Miss!

February 7-11

Order your candy Grams

February 9, 3p-5p

Business to Business

(meet the Team)

Feb17 10am

Random Acts of Kindness

Day Delivering Baskets

Feb 14

Delivering Candy Grams

Feb14

Family Night 630p

Name that Tune

Horoscope

Aquarius (1/20-2/18)

May find some challenges in career and finances this month.

Pisces (2/19-3/20)

Focus more on the things that bring your happiness, peace, and joy.

Aries (3/21-4/19)

Life will take a turn for the better for you this month.

Taurus (4/20-5/20)

Things will start working in your favor towards the end of the month

Gemini (5/21-6/20)

Follow your heart and always do the right thing

Cancer (6/21-7/22)

This month is a good time to right all the wrongs in your life. Stay focused!

Leo (7/23-8/22)

Ensure that you are on good terms with your loved ones.

Virgo (8/23-9/22)

February is the month of blessings for you. Everything will become better.

Libra (9/23-10/21)

Get back on track and restore your health!

Scorpio (10/22-11/21)

Work towards reaching your highest potential.

Sagittarius (11/22-12/21)

Love and relationships will be great this month.

Capricorn (12/22-1/19)

The stars are aligned in your favor. Health, finances, and education will take a turn for the better.



WORD SEARCH

FEBRUARY

ABE LINCOLN
DOLLAR BILL
LOVE
ROSES
WOODCHUCK

BURROW
GROUNDHOG
PENNY
SHADOW

CHOCOLATE
HEART
PRESIDENTS DAY
SWEETHEART

CUPID
LEAP YEAR
PUNXSUTAWNEY
VALENTINE

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



WORD SEARCH ANSWERS

February Puzzle

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