

Sterling Snippets

FEBRUARY 2024

At A Glance



Red Velvet Cheesecake for Valentine's Day!



February is Heart Month



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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!



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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.

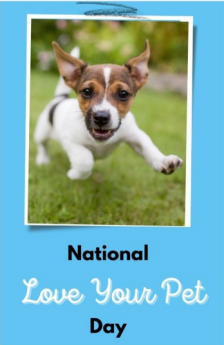
Feb. 3 also is The Day the Music Died Day. Buddy Holly, Richie Valens, the Big Bopper died in a plane crash after playing at the Surf Ballroom in Clear Lake, Iowa, in 1959. In 1971, Don McLean coined “The Day the Music Died” in his song “American Pie”.

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



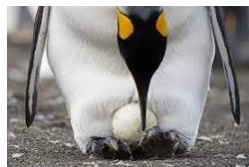
Wear footwear with traction



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

A Note from the Executive Director

Katheryn May

Dear HW of Sterling Residents, Families and Staff:

We have a lot of fun things planned this month. On the 2nd, we will be watching to see if the groundhog sees his shadow or not. Hopefully he does not, so we get an early spring! We will be doing some armchair travel to Texas, Iowa, and Wisconsin. We will also be building frozen yogurt parfaits, making mini pizzas, celebrating the Super Bowl with pregame goodies, celebrating Mardi Gras with musical guest Jack Ness, having some pet therapy, and enjoying a lunch outing to El Jacalito to name a few fun events. Come join in on the fun!

Thank you for being part of the Heritage Woods of Sterling family!
Katheryn May RN, Executive Director



13- Keith H.
14-Ruben S.
20-Jean O.
20-Mike S.

Employee Birthdays

18-Kathy M.-
Executive Director
27-Tracy-C.N.A.

Happy 8th
Anniversary to our
Dietary Cook Chris M

SUPERBOWL SUNDAY



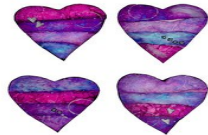
SUPERBOWL SUNDAY GOODIE BAGS available in the Lobby from 2:30-3:30 stop by

Reminders and Events coming up

Ashes will be distributed for all residents and staff members on Ash Wednesday, February 14 at approximately 12:45 in the Dining Room-all denominations and faiths are welcome



LIFESTYLE



Mardi Valentines Party

Wear your FABULOUS colors (RED, PINK, PURPLE, WHITE, GREEN GOLD) and come have some fun. Refreshments, games and LOVE SONGS will be played! 2:00 Wednesday



What do we do to beat the winter blues? Sing to our birthday girl Sharon, Jean crafts, Ken & Illa play corn-hole, and Mike & Chuck eat ICE CREAM!!

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.



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

