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October 2018
Newsletter

Jeffersonmemorycare.com

Jefferson Memory Care
A happier life for everyone...



Administraton Corner

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Well, it's official! Jefferson Memory Care is 4 years old this month!!

To celebrate, we're inviting you to a good ol' fashioned Pig Roast on Saturday, October 13, 2018 from 1pm-4pm!! Everyone is welcome (including staff, children, residents, family members, and the public) to stop by for some Smoked Pork, Mac n' Cheese, Scalloped Potatoes, and Broccoli & Cauliflower Salad, in addition to Bountiful Relish Trays, Signature JMC Cookies, Lemonade, Water, Coffee/Cider, and \$1 Miller Lite & Bud Lite! While attendance to this event is free, there is a suggested donation of \$5/person for public community members. We anticipate a high attendance, so don't be late! The majority of our residents will be celebrating the event inside the JMC community in our Bistro; however, if family members would like to join us and bring their loved ones out for the outside festivities, they are more than welcome, and we would love the company.

To bring October to a close, we are having another celebration, only this time, it's a Halloween Party! Residents and JMC staff are encouraged to dress-up for the occasion, and all children and parents are welcome to stop by for some fun, music, games, tricks, and treats in our Bistro on Wednesday, October 31st! Keep an eye out for more details that are headed your way!

SHINING STAR OCTOBER

Shareen, Nutritional Services Coordinator

Octobers' Star employee of the month is Shareen Kinater. Shareen has been making tremendous changes in the Nutritional Services Department since taking the role over! She has introduced new menus, new equipment, and new and wonderful staff! She works extremely hard to make sure everyone is happy and healthy here at Jefferson Memory Care. She has a new grand baby she is excited about and enjoys spending time out on the paddle boards and with her loving kids and grandkids in her free time. We couldn't do it without her as part of our facility, to say the least! Congrats Shareen, and a huge thank you for all you do!

This month we are preparing for influenza season 2018-2019. Given the severity of the 2017-2018 season and the positive outcomes Jefferson Memory Care experienced from the influenza initiative, we are again preparing in advance for influenza should we encounter it in our community. Our influenza immunization clinic is scheduled for October 19, 2018. We encourage all of our families to also receive the influenza vaccine as this is one proactive step you can take to help keep your loved one happy and healthy this season. If you have any signs or symptoms of illness, please wear a mask when you visit and when possible please postpone your visit until you are feeling better. The unfortunate nature of our population is that any viral illness can be serious and result in significant consequences to their health and wellbeing. Thank you for your efforts to care for and protect our residents/your loved ones from influenza and other illnesses.

Notes From Dietary

Shareen Kinatader, Nutritional Services Coordinator

As mentioned in the September Newsletter, here is the first of many of our residents personal recipes! Enjoy!

Recipe: Bread & Butter Pickles

From the Kitchen of: Nodra Richardson

8 cups sliced cukes 2 cups sliced onions
2 green peppers chopped 2/3 cup plain salt
2 1/2 Quarts water

Combine in large container to hold without overflowing.

Soak overnight, drain next morning, but don't rinse!

4 cups sugar 4 tsp turmeric 4 tsp mustard Seed 2 tsp celery seed
1 cup cider vinegar 1tbs pickling seasoning

Combine these ingredients, then add cucumbers. Mix thoroughly.

Boil 15 minutes, (water color will change different shades of green)

Put into hot jars and seal. May put into hot water bath for 15 minutes if so desired

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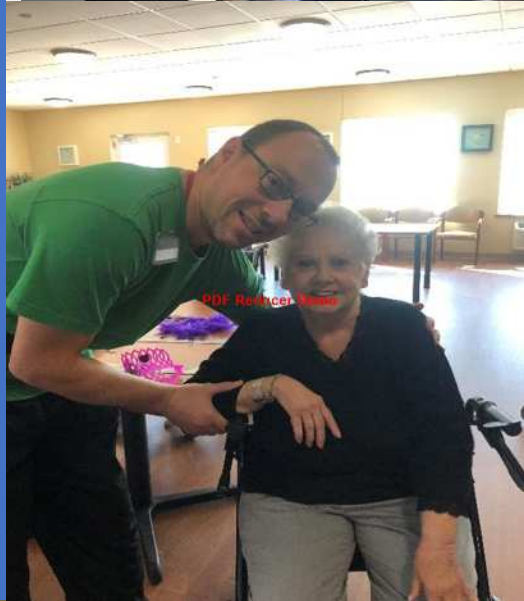
Enviromental Services,
Bruce Fuller, Enviromental Services Coordinator

5 Fun Facts About Fall That Will Make You Sound Smart

1. Birds spend most of the fall migrating. Whether traveling from one state to another, from North America to South America (Swainson's Hawk, 14,000 miles), or from the North Pole to the South Pole (Arctic Tern, 44,000 miles), many birds spend this season traveling to mating grounds or finding food.
2. Fall is caused by the Earth's tilt, not our distance from the sun. When the northern hemisphere tilts towards the sun, we get warmer. When it tilts away, we get colder. Fall and spring are the times of transition.
3. Weight gain around this time of year may not be from all the food. Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. So, the lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes.
4. Pumpkin spice has nothing to do with pumpkins. Pumpkin spice is actually the spice mix used for pumpkin pies. It is made from 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 1/2 teaspoons ground allspice and 1 1/2 teaspoons ground cloves.
5. Fall colors are caused by the amount of sugar in leaves. The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don't change because their leaves have a thick wax covering that protects the chlorophyll (green) in the leaves.

RESIDENT OF THE MONTH

Our Resident of the Month for October is Amy F. You can find Amy walking the halls with a big smile on her face during her exercise routes. She has a kind soul and can connect with anyone on some level with ease. Amy enjoys arts and crafts and loves her family very much! She's always stopping to help another resident in some way or another and treats everyone as if they were her own family! Thank you for always helping us, Amy! We love having you with us! Congrats!



Staff Birthdays in October



*10/1- Alexis B.

RESIDENT BIRTHDAYS IN OCTOBER



*10/8- CLEMENTINE W.
*10/9- DUKE K.

New Staff, Welcome!

-Alyssa Madrid, RCC3
-Anna Hoff, RCC3
-Maria Heller, RCC

IN LOVING MEMORY.....

- MARK S.
- DUANE P.



Upcoming Events!

- *10/9- Music by: Alan Graveen
- *10/11- Music by: Patricia Stone
- *10/11- Pet Therapy
- *10/13- Pig Roast!
- *10/16- Music by: Bahama Bob
- *10/18: Music By: Bill Webb
- *10/23- Music by: Steven Doyle
- *10/24- Resident Council
- *10/24- Meal of the Month
- *10/25- Music by: Jesse Walker
- *10/30- Music By: Cowboy Bob
- *10/31- Halloween Dress Up Party

4th Anniversary Pig

Roast!

When: Saturday, Oct. 13th

Time: 1-4pm

Where: Jefferson Memory Care

*Please join us to celebrate our 4 year anniversary party! Old fashioned Pig Roast with all the fixings, music, games, and fun! Open to friends, family, staff, and the public.

All donations go to the Alzheimer's Association.