

the MOMENTS

MEMORY CARE...*reimagined*[™]

AUGUST 2019 NEWSLETTER

A MESSAGE FROM PETER

*Greetings All,
I hope you continue to enjoy this summer season. I wanted to mention that we will be starting the first of our quarterly "Family Nights" on August 8th. These get-togethers will afford the chance to interact with other family members, as well as the Moments' staff in an informal setting. At this particular gathering, we will be welcoming Charles Plaetz and Tracey Fearon to our team as the Culinary Director and Director of Nursing respectively. We are excited to have him on board, and we have no doubt that you will find them both incredibly impressive! My door is always open.*

RESIDENT IN THE SPOTLIGHT



A huge thank you to the Roark family for their donation of our caterpillar cage! In case you've missed it... the past few weeks we have been able to see the fascinating transformation of caterpillars metamorphosing to butterflies! As children, many of us learn about the wondrous process by which a caterpillar morphs into a butterfly. The story usually begins with a very hungry caterpillar hatching from an egg. The caterpillar, or what is more scientifically termed a larva, stuffs itself with leaves, growing plumper and longer through a series of molts in which it sheds its skin. One day, the caterpillar stops eating, hangs upside down from a twig or leaf and spins itself a silky cocoon or molts into a shiny chrysalis. Within its protective casing, the caterpillar radically transforms its body, eventually emerging as a butterfly. The process has been beautiful to watch, the residents have enjoyed letting the butterflies out to our outdoor garden!

LEADERSHIP TEAM

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AUGUST BIRTHDAYS

Dan L. - August 2nd

Dan B. - August 5th

Janet - August 10th

Mary - August 16th

Mary Lou - August 16th

Kathryn - August 18th

Lynn - August 22nd

ADVENTURE CLUB

**Adventure Club outings are subject to change due to weather, Residents' choice, etc. Please check the daily schedule for updated events.) If you would like to join us for any of the outings, please let us know in advance so we can ensure enough tickets are reserved!*

Northwestern Airplane Museum

August 1st at 1:30 pm

For decades, Northwest Airlines was headquartered in the Twin Cities before they merged with Delta in 2008. Although it is gone, the airline is far from forgotten! Everything that the airline stood for can be found on the 3rd floor of the Crowne Plaza Ait in Bloomington.

Matinee Movie: The Lion King

August 8th: Time TBD

The classic movie is back with a remake! Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother, has plans of his own. The battle for Pride Rock is soon ravaged with betrayal, tragedy and drama. Simba must figure out how to grow up and take

back what is rightfully his.

Hot Sam's Antiques

August 15th at 10:00 am

Located on ten acres, you have a section of the acreage to wander around and go through unique, one-of-a-kind pieces you won't find anywhere else!

Como Park Zoo and Conservatory

August 29th at 10:30 am

For more than one hundred years, Como Park has played a vital role in meeting the recreational needs of residents of Saint Paul and surrounding communities. The park as we know it today continues to carry out this original vision of an outdoor haven for the area's urban population. *(This trip was previously scheduled, but was canceled due to weather.)*



OTHER UPCOMING EVENTS

Family Get-Together

August 8th from 4:00-6:00 pm

Please join us as we host the first of our family get-togethers.

The Moment's Fun Fair

August 22nd from 1:00-3:00 pm

Cheese curds, dunk tank, cotton candy... oh my! Join us for all of the fair favorites including food, games, and prizes.

CHEF'S CORNER *with* *Chef Charles Plaetz*

Growing up, I was completely spoiled by having fresh raspberry jam in the fridge, and a never-ending stockpile of raspberry freezer jam when the fridge was gone. Many of my childhood friends would ask for a jar of my family's homemade raspberry jam for holidays, birthdays, etc... that's how good it is! There is nothing that can compare to homemade jam.

Homemade Raspberry Jam

Ingredients:

- 4 cups (1 liter) granulated sugar
- 4 cups (1 liter) fresh raspberries

Directions:

Place sugar in an overproof shallow pan and warm in a 250 degree oven for 15 minutes. (Warm sugar dissolves better.)

Place berries in a large stainless steel or enamel saucepan. Bring to a full boil over high heat, mashing berries with a potato masher as they heat. Boil hard for 1 minute, stirring occasionally.

Add warm sugar, return to boil, and boil until mixture forms into a gel, about 5 minutes.

Ladle into sterilized jars, and enjoy!

TIPS:

To make a small boiling-water canner, tie several screw bands together with string or use a small round cake rack on the bottom of a large covered Dutch oven. Be sure the pan is high enough for 2 inches of water to cover the jars when they are sitting on the rack.

To determine when the mixture will form a gel, use the spoon test: Dip a cool metal spoon into the hot fruit. Immediately lift out and away from the steam and turn it horizontally. At the beginning of the cooking process, the liquid will drip off in light, syrupy drops. Try again a

For a more interactive experience, my favorite place to pick raspberries is at Lorence's Berry Farm. Located in Northfield, u-pick raspberries run typically in August to mid/late September.

Raspberry Facts:

- They come in all sorts of colors! Raspberries can be red, purple, gold, or black in color. The gold ones are the sweetest variety, and very tasty.
- Raspberries are a wonderful source of Vitamin C, containing 40% of a person's daily needs.
- There are over 200 species of raspberries, but only a few species are cultivated and consumed at a commercial scale.
- Each raspberry is made up of around 100 individual tiny fruits, called drupelets, filled with one seed. They're arranged in the shape of a helmet around a centrally positioned small stem.

Note from the Culinary Department

As always, we welcome all families and friends to join their loved ones for meals, we just ask to please give 24 hour notice to ensure we have enough for everyone!