

the MOMENTS

MEMORY CARE...*reimagined*[™]

SEPTEMBER 2019 NEWSLETTER

A MESSAGE FROM PETER

*Greetings All,
September allows everyone to shed their summer skin, and maybe some summer sins, and begin setting new goals for the last few months of the year. With January (and winter) creeping around the corner, September is the best month to remember, and scurry to complete those New Year's resolutions. Football season and the beginning of Autumn is officially upon us! We are looking forward to seeing you all throughout the Autumn season! Be sure to stop by my office if you ever need anything, my door is always open!*

RESIDENT IN THE SPOTLIGHT



As September marks the beginning of another school year, we are excited to introduce this month's Resident in the Spotlight, Leona, a former teacher. Leona taught World History to Juniors at Fergus Falls High School between 1971-1978. Once she retired from teaching high school she went on to develop a Women's Studies Program at Fergus Fall Community College, which is now known as Minnesota State Community & Technical College. Leona was recognized for the difference she was making and was presented with The Woman of the Year award from the AAUW, a nonprofit organization that advances equity for women and girls through advocacy, education, philanthropy, and research. Leona said that she knew she wanted to go to college and be a teacher from a very young age, and went on to earn her degree from Concordia College in Moorhead, ND. Leona had a wonderful experience as a student, and she worked in the college's History Department while she attended school. Years later, after she had worked as a teacher, she traveled to China with Concordia College to teach English to Chinese students.

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SEPTEMBER BIRTHDAYS

Carol K.B - September 28th

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!*

Como Zoo & Conservatory

September 5th 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.

Apple Picking at Applewood Orchard

September 12th at 1:00 pm

After planting their first trees in 1995, Applewood Orchard has now become one of Minneapolis' favorite apple picking spot. From Honeycrisp, Zestar, Sweetango and First Kiss varieties, there are plenty to go around.

Old Town Tour at Dakota City Heritage Village

September 19th at 11:00 am

Come step back in time and enjoy a trolley through the village. You'll be able to use the writing slates and chalk in the One Room School, withdraw money at the Bank, and shop at the General Store. It will be a blast from the past!

Check out our Other Upcoming Events to see what we have in store this month!



OTHER UPCOMING EVENTS

Oktoberfest

September 26th at 1:00 pm

Pretzels, brats and oompah music will await those celebrating the German heritage at The Moment's Oktoberfest.

A Walk to End Alzheimer's

September 28th at 8:00 am

We will be sponsoring and walking alongside The Moment's family team, "The Forget Me Not's." Located at Target Field, we will be walking in honor of our residents and in support of the amazing cause.

CHEF'S CORNER with Chef Charles Plaetz

I don't know about you all, but the moment the calendar flips to September, all I want to do is cozy up with some of my fall favorites. September brings hot cinnamon spice tea, big cozy throw blankets, soft slippers, and of course, soups! I always make a huge batch to share with neighbors and friends. It has proved to be the perfect fall comfort food. It is incredibly easy to make in the slow cooker, pressure cooker, or on the stove top. It is full of good-for-you veggies, and also happens to be naturally gluten-free and vegan. On top of it all, it is the perfect balance of sweet & savory seasonal flavors! I hope you enjoy it as much as I do!

Butternut Squash Soup

Ingredients:

- 2 cups of vegetable stock
- 4 cloves of garlic, peeled & minced
- 1 carrot, peeled & roughly chopped
- 1 Granny Smith apple, cored & roughly chopped
- 1 medium (3-4 lbs.) of butternut squash
- 1 white onion, peeled & roughly chopped
- 1 sprig of fresh sage
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1/8 teaspoon of cayenne
- Pinch of cinnamon & nutmeg
- 1/2 cup of canned (unsweetened) coconut milk

Directions:

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon, and nutmeg to a large stockpot. Toss to combine.
2. Cook on medium-high until the mixture reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork.
3. Remove and discard the sage. Stir in the coconut milk.
4. Use an immersion blender to puree the soup until smooth. (Or you can transform the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.)

Note:

**For extra flavor, I recommend sauteing the garlic and onion before adding the remaining ingredients. Just heat 1 tablespoon of oil over medium-high heat. Add diced onion and saute for 5 minutes, stirring occasionally, until tender. Then add minced garlic and saute for 1-2 additional minutes until fragrant, stirring occasionally. Finally, add the remaining ingredients and continue on with the recipe.*

Possible Variations:

Want to customize your butternut squash soup recipe? Feel free to:

- Roast your veggies:

For added depth of flavor, feel free to roast the butternut squash, carrots and onion before adding them to the soup to make roasted butternut squash soup.

- Give it a Thai twist:

Add a tablespoon or two of red curry paste and 1/2 teaspoon of ground ginger. Then serve with lime wedges and chopped fresh cilantro.

- Add rice or grains:

To add some extra chewy-ness to your soup, feel free to add some rice, quinoa, farro or other favorite grains. Just be sure to also add in extra broth accordingly to help cook the rice or grains.

- Use cream instead of coconut milk:

If you are not a big fan of coconut milk, then feel free to use heavy cream or half and half in place of the coconut milk to make the soup nice and creamy. (Just note, with the dairy, this will obviously no longer be vegan butternut squash soup.)