

the MOMENTS

MEMORY CARE...*reimagined*[™]

OCTOBER 2019 NEWSLETTER

A MESSAGE FROM PETER



Happy October! This has to be the best time of the year! Can you believe we are in the final three months of the year? It feels like just yesterday we celebrated the holidays and rang in the New Year.

This will be my first Minnesota Autumn and I am excited to see the beautiful colors of Fall and enjoy the crispness in the air.

I would like to thank everyone who participated in the Walk to End Alzheimer's. It was so inspiring to see such a large group coming together, sharing the same goal.

As we get closer to the holiday season, please keep an eye out for the wonderful happenings here at The Moments.

My door is always open.

- Peter

LEADERSHIP TEAM

Peter Hendrickson
Vice President of Operations
peter@themoments.com

Tracey Fearon
Director of Nursing
tracey.fearon@themoments.com

Charles Plaetz
Culinary Director
charles.plaetz@themoments.com

Alexandra Bolen
Community Outreach
alexandra.bolen@themoments.com

Allison Burke
Activities Coordinator
allison.burke@themoments.com

Erick Christiansen
Director of Technology
erick@themoments.com

Lisa Sharbo
Business Office Administrator
lisa@themoments.com

16258 Kenyon Avenue
Lakeville, Minnesota 55044
Main Phone: 952-873-1700
24 Hour Nurse Line: 952-873-1702
facebook.com/TheMomentsMemoryCare
instagram.com/TheMomentsMemoryCare
twitter.com/TheMomentsMCare

OCTOBER BIRTHDAYS

Corrine B. - October 18
Bill H. - October 31

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!*

Pumpkin Picking and Petting Zoo at Cal's Market

October 3rd at 1:00 pm

What better way to enjoy the crisp air then spending time outside picking perfect pumpkins!

Old Town Tour at Dakota City Heritage Village

October 10th 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!

Seaquest Aquarium

October 17th at 11:00 am

Adventure by both land and sea. The aquarium experience will allow you to feed and hold animals from all over the world!

Brunch at Original Pancake House

October 24th at 9:30 am

Did you know that the Original Pancake House was founded in Portland, Oregon in 1953. The menu consists of authentic recipes handed down from generation to generation.

OTHER UPCOMING EVENTS

Harvest Festival

October 31st at 2:00 pm

Come join us in celebrating the fall season! With games, food, and music it is sure to be a great time!



RESIDENT IN THE SPOTLIGHT



As we head into October, we are excited to introduce you to this month's Resident in the Spotlight, Bill. Bill was born on the fun holiday of Halloween in Lowell, Indiana. He grew up on a dairy farm in Woodstock, Illinois. Growing up, Bill helped tend to the cattle on the farm and enjoyed attending school. He played sports, hunted for pheasants, fished for northern or black bass and loved to be outdoors. Bill's favorite sports are baseball and football, favoring the White Sox and the Bears. After high school, Bill was drafted into the Army where he served for two years. He was stationed in Alaska and California. After, Bill began working as a Cable Splicer for the Illinois Bell Telephone Company, where he worked until he retired. These days, Bill is the master of trivia at The Moments, and is known for knowing everything!

MEANINGFUL MOMENTS



All our residents birthdays are celebrated each month here at The Moments. This particular birthday was extra special because Carol Ann's whole family was able to attend. We were honored to host such a wonderful event.





CHEF'S CORNER with *Chef Charles Plaetz*

When I think of October, the first thing that comes to mind is pumpkins! Strolling down the supermarket aisles you can find pumpkin cookies, pumpkin ice cream, pumpkin peanut butter, and even pumpkin pasta! This pumpkin risotto recipe is a perfect fall comfort food. It's creamy, rich and a great dish for the cooler weather. You can even save this recipe and use it as a Thanksgiving side dish.

Ingredients:

- 4 cups bone broth, or vegetable stock
- 1 cup canned pumpkin puree
- 2 tablespoons unsalted butter
- 1 shallot minced
- 1 teaspoon kosher salt
- 1 teaspoon chopped fresh thyme
- 1 1/2 cups Arborio rice
- 1 teaspoon white wine vinegar
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 teaspoon nutmeg Fresh ground pepper
- 1 cup crumbled goat cheese
- 1/2 cup dried cranberries

Directions:

1. In a medium saucepan, whisk together the stock and pumpkin over medium heat. Bring to a simmer and reduce the heat to low. Cover and keep warm.
2. Melt the butter in a large Dutch oven or saucepan over medium heat. Once the foaming subsides, add the shallot and salt. Cook until softened, 2-3 minutes. Add the thyme and rice and cook for one minute longer.
3. Add the white wine vinegar and a ladle of warm stock and cook, stirring occasionally, until the liquid has evaporated. Add another ladle of stock and continue cooking until evaporated again. Continue cooking, adding a ladle of stock at a time, and allowing to evaporate in between each addition. Cook until the rice is done but has a nice bite to it. It should be a creamy texture and will take about 20-25 minutes.
4. Mix the parmesan, half of the parsley, and nutmeg. Season to taste with salt and pepper. Top with the remaining parsley, goat cheese and dried cranberries. Serve and enjoy!

Suggested Wine Pairings for Pumpkin Risotto:

Pumpkin flavors can sometimes be challenging when it comes to pairing wine. Whether it is this risotto, or another pumpkin dish, think "dry" or "creamy" on the palate when it comes to wine.

- Barolo is a red wine produced in the Piedmont region of Italy. It is high in acid and tannins, which will cut through the creaminess of this dish.
- Chardonnay wines are full-bodied, crisp and buttery. It makes the perfect wine to compliment the creamy risotto and pumpkin flavors.

