

the MOMENTS

MEMORY CARE...*reimagined*[™]

NOVEMBER 2019 NEWSLETTER

A MESSAGE FROM PETER



Happy November! How is it that we are down to the final two months of the year already?! I personally believe November is the best month out of the year. It is more than just a month for being thankful for what we have. It is about all the different events that occur, and time spent with the people who mean the most to you. We hope you join us throughout these holiday weeks for our upcoming events.

On a personal note, I would like to thank you all for making The Moments such a wonderful place to work and be a part of. I am honored to be part of this community.

I would also like to thank you for choosing The Moments as a home for your loved ones. We know you have other choices, so please know our goal is to always exceed your expectations.

Best wishes for a healthy and happy holiday season!

My door is always open.

- Peter

LEADERSHIP TEAM

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NOVEMBER BIRTHDAYS

David N. -- Nov. 14

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!*

The Penguins from the Como Zoo are coming to The Moments

November 5th at 2:00 pm

The penguins from the Como Zoo are making a special appearance at The Moments! Did you know that penguins are 2 feet tall, and range from 7-10 pounds? They can swim up to 15 miles per hour underwater too! This spectacular event is not one to be missed!

Minnesota History Center

November 14th at 11:00 am

Through inspiring exhibits, thought-provoking programs, and action-packed discovery, the History Center feeds your curiosity about Minnesota's stories, people, and places. We will sure to enjoy the museum and library that serves as one of Minnesota's finest public buildings.

OTHER UPCOMING EVENTS

Veteran's Day Pinning Ceremony

November 11th from 3:00-4:30 pm

To honor the military services and sacrifices made by our veterans, we will

be hosting a Veteran's Day Ceremony in partnership with Minnesota Hospice.

Thanksgiving Gathering

November 21st from 4:00-6:00 pm

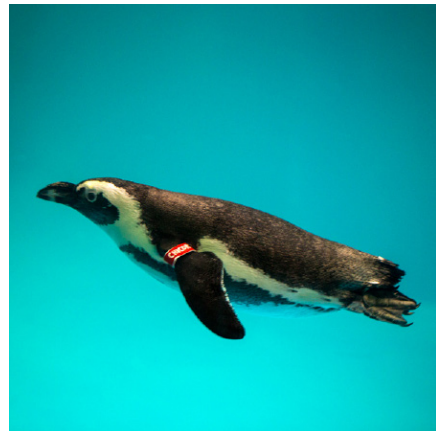
As we celebrate this special time of the year, let us count our blessings and good

wishes together. We would be delighted by your presence on this festive occasion. Invitations to follow.

The Nutcracker at the Lakeville Arts Center

November 26th at 11:00 am

The Nutcracker is a cherished holiday tradition for many. It contains soaring music by Tchaikovsky and promises to delight all audience members.



RESIDENT IN THE SPOTLIGHT

As we head into November, we are thrilled to introduce you to this month's Resident in the Spotlight, Carol Ann. Carol Ann was born and raised in Chicago, Illinois. Growing up, she and her little sister enjoyed going to movies together. She eventually attended school at Saint Elizabeth Nursing School and went on to serve as an RN for well over 30 years. She primarily worked in hospitals and nursing homes, though she especially enjoyed working with the elderly. Carol Ann said that she loved almost everything about being a nurse, but that being able to take care of other people was her favorite part of the job. Along with traditional nursing duties, she held some exciting roles that most certainly inspired other nurses and advanced nursing overall as a profession. Carol Ann was a teaching nurse and taught nurse's aides at the Portage County Home, all while playing a fundamental role in the establishment of the Stevens Point Senior Center. She also founded her own senior home healthcare business. Even more noteworthy than her amazing accomplishments as a nurse, she said that her biggest accomplishment is her family. Carol Ann raised 4 children and has 6 grandchildren. Her favorite things to do at The Moments are singing along with music, chatting with her friend Maybelle, trivia (her knowledge from being a nurse always comes in handy), watching movies and eating popcorn, and most of all she enjoys the visits from her family (and the sweet coffee treats that are often involved).



MEANINGFUL MOMENTS

As a way to give back to our community, we will be volunteering with the Feed My Starving Children organization. Feed My Starving Children is a non-profit organization that coordinates the packaging and distribution of food to people in developing nations. Founded in 1987, it has reached out to more than 70 countries! A Minneapolis businessman founded the organization after visiting Honduras weeks after a devastating hurricane.

We would like to extend an invitation to any families that would like to join The Moments team. If you would like to participate, please contact Alexandra.



Date: November 20, 2019

Time: 9:30-11:30 am

Location: 990 Lone Oak Road, Suite 136

Eagan, MN 55121



CHEF'S CORNER with *Chef Charles Plaetz*

I went down to Dallas, Texas for the World Food Championship to compete amongst 400 other Chefs, home cooks, and Professional Culinary teams. I was able to compete in the Home Chef Division. I placed 16th out of 32, just missing the top 10 cut.

My first dish was a duck roulade stuffed with a duck sausage with carrot puree, brussels sprouts and a brandy cherry sauce. My second dish was a bacon wrapped pork meatloaf with a smoke potato puree, asparagus and an apple bourbon demi glaze.

I scored 87.5 on these dishes, out of 100, leaving us out of the top ten by 2.5 points.

I am extremely proud of what I have accomplished and was proud to represent The Moments. I look forward to hopefully being able to go again, so I can show everyone the high quality of food our residents are able to experience every day.

