



MOMENTS

MEMORY CARE...*reimagined*[™]

DECEMBER 2019 NEWSLETTER



A MESSAGE FROM PETER

Can you believe it is the final month of 2019? This year has flown by! First, I want to thank each and every one of you who attended our Thanksgiving Gathering. It means so very much to all of us to see all of the families meeting one another and exchanging stories. We hope you feel the way we do, that The Moments is one big family. We want to thank you for not only choosing The Moments but also for allowing us to be a part of your family. Please know that we understand that the holidays may be different from previous years but hopefully you can find the joy and love in each small moment. I personally want to wish each and every one of you a happy holiday filled with love, blessings, and warmth! 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

Nick Holschuh
Plant Operations
nick.holschuh@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

DECEMBER BIRTHDAYS

Barbara B. -- Dec. 1

Nancy M. -- Dec. 15

Sharon J. -- Dec. 21

Joanne A. -- Dec. 31



MOMENTS

December Events

Adventure Club: Scenic Drive to see
Christmas Lights

December 9th at 6:00 pm

Once the sun sets, it is time to see all of Lakeville's beautiful Christmas lights! We'll be taking a scenic drive to see all of the twinkling lights throughout the town.

Christmas Carolers

December 15th at 4:30 pm

The best way to spread Christmas cheer is singing loud for all to hear! We will be enjoying a carolers visit from Grace United Methodist.

Every Thursday in December we will be warming up the day by having a Hot Chocolate Bar filled with fun toppings. Don't miss this sweet hour from 4:00-5:00 pm.

Christmas Cookie Exchange

December 11th from 3:00-4:00 pm

Tis' the season to share and be sweet, so bring 2 dozen of your favorite Christmas treats! Please bring a copy of your recipe to share! Wear your ugliest Christmas Sweater for this fun event.

Holiday Celebration

December 19th from 5:00-7:00 pm

Celebrate the holidays with cheer, good food, and an appearance by Santa Claus! We will taking family holiday photos by the fireplace, so dress for the occasion!

RESIDENT IN THE SPOTLIGHT

As we head into a new month, we are excited to introduce you to this month's Resident in the Spotlight, Jan. Jan was born and raised in Bremen, Minnesota and was the youngest of 12 children. She grew up in a home next to Trinity Lutheran Church, where her father was a preacher.

Jan attended school in a one-room schoolhouse, along with all of her siblings. She can recall funny memories of walking several miles to school in the snow only to find that school was cancelled for the day. Growing up, Jan was especially close to her sisters. They enjoyed spending time together and loved to go sledding in the winter. After high school, she even moved to Rochester to live closer to one of her sisters. Eventually, she moved up to the Twin Cities where she met her husband at a dancehall, together they raised 5 children. Jan's daughter said that she was the best mother, and she especially loved picnics they went on together, and all of the family camping trips. Today, Jan has 6 grandchildren and 2 great-grandchildren. While Jan was raising her children, she worked part-time at a grocery store, but eventually went to work as a teller at City County Credit Union for many years before she retired. Jan enjoys gardening (she has grown beautiful flowers and vegetable gardens), watching the Minnesota Twins and Vikings play, and has a love for animals. She has had several cats, a pigeon, bunny coops and a special Shih Tzu named Abby. Here at The Moments, Jan enjoys having her nails painted, her frequent visits from her wonderful family, eating popcorn while she watches Minnesota sports teams play, and especially loves church services.



MEANINGFUL MOMENTS

In the spirit of giving, we wanted to continue to give back to our community. For the month of December, we will be hosting a food drive. We are asking for your help by donating non-perishable food items to help benefit those in need this holiday season. All donations will go to 360 Communities. Specifically, all items will be provided to Burnsville Family Resource Center. All food shelves provide immediate food and resources to individuals and families to bridge them through difficult times.



360 Communities®

Special Announcement

Hello Families & Friends of The Moments Community!

I am so excited to introduce myself and tell you a little bit about what I am doing this holiday season. My name is Jenni Jo and I am an Independent Mary Kay consultant. I moved to Lakeville when I was seven years old. In fact, my parents still live in our lovely family home on Harding Lane. I have watched this building develop every time I exited off of 160th. Now, my Nana, Zeline, is a resident at this beautiful community.

When I come through the doors at The Moments, the staff and everyone are always so friendly, greeting me with a smile. I always appreciate how clean my Nana's room is, and how welcoming everyone is. I am so appreciative of everyone who takes such great care of her.

As a Mary Kay consultant, I am thrilled to partner with The Moments this holiday to make sure NONE of the residents are empty handed. We all know presents are not what the holidays are all about. Instead, it is about spending time with family, friends, loved ones, and being thankful for all that we have- no matter the situation. It is truly important to me that every single resident feel loved this year and is able to open a gift on Christmas day.

I am thrilled to tell you that I was able to raise enough money for each and every resident to receive a special gift. My daughter and I will be delivering the gifts to the residents on the morning of the 25th! We can't wait to see all their smiles and wish everyone a very Merry Christmas. Thank you for this opportunity and God Bless!





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

If you are planning on baking up a batch of gingerbread cookies over the holidays, I have the perfect recipe for you. What's great is that you can bake it up to be as soft or as crispy as you'd like. It's made with warm spices, including lots of ginger and cinnamon. A huge bonus is a batch of gingerbread baking in the oven is guaranteed to leave your kitchen, and home smelling amazing! The recipe can be altered for personal preference, and of course, the more frosting and sprinkles, the better!

Ingredients:

- 3 1/4 cups all-purpose flour
- 1 tablespoon ground cinnamon
- 1 tablespoon ground ginger
- 3/4 teaspoon baking soda
- 3/4 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, softened to room temperature
- 1/2 cup packed brown sugar
- 1 large egg
- 1/2 cup unsulfured molasses
- 1 1/2 teaspoons vanilla extract
- Zest of one small orange

Simple Icing Recipe:

- 2 cups powdered sugar
- 2-3 tablespoons milk
- 1/2 teaspoon vanilla extract



Instructions:

1. In a large mixing bowl, whisk together flour, cinnamon, ginger, baking soda, cloves, salt and nutmeg. Set aside.
2. With a hand mixer and large bowl, beat the butter and sugar together for 2 minutes on medium-high speed until light and fluffy. Add in eggs, molasses & vanilla, and beat on medium speed until combined. Reduce mixer to low, and gradually add the flour mixture until just combined.
3. Divide the dough into two equal portions, and form each into a ball. Then gently use your hands to flatten each ball into a 1-inch thick disk, wrap tightly in plastic wrap, and chill in the refrigerator for at least 2 hours or overnight.
4. Once the dough is chilled and you're ready to bake the cookies, heat the oven to 350 degrees and line a baking sheet with parchment paper; set aside.
5. Unwrap the dough and place it on a large, lightly floured hard surface. Use a floured rolling pin to roll the dough evenly until it is 1/8-inch thick. Then use your favorite cookie cutters to cut out your desired shapes, re-rolling the dough as needed to cut out more. Transfer to parchment-covered baking sheets.
6. Bake for 8-10 minutes, or until the cookies are crisp around the edges. Remove from oven and let cool for 5 minutes, then transfer to a wire rack to finish cooling.
7. Once the cookies are room temperature, decorate them as desired with icing plus any sprinkles or candies!

To Make the Simple Icing:

1. Whisk all ingredients together in a bowl until smooth. If your icing is too thin, add in a little more powdered sugar. If your icing is too thick, add in a tiny bit of milk.
2. Use a piping bad, or a Ziplock bag (with the cornered snipped), or a plastic squeeze bottle to pipe the icing onto the cookies.