

# *the* MOMENTS

## MEMORY CARE...*reimagined*<sup>™</sup>

FEBRUARY 2020 NEWSLETTER

### *A MESSAGE FROM PETER*



It's February: the month of love! I want to send my sincerest thank you for letting us care for the one's that you care for the most. In honor of Valentine's Day, here are some things that remember when you love someone with dementia:

- Have Fun! They love to take trips to museums, parks, and the zoo. Focusing on what they are still able to do is most important.
- Meet your loved one in the now: Don't try to change your loved one back into the person they once were. Love them as they are right now.
- Remember that your loved one can remember emotions: Even after they forget the actual event that caused those emotions. Your actions and words do matter.

I hope these suggestions are helpful.  
My door is always open.

### *LEADERSHIP TEAM*

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### *FEBRUARY BIRTHDAYS*

*Mike R. - Feb. 24*

# 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!*

## **Matinee Movie**

*February 12th at 10:00 am*

What better way to spend a morning than with a movie and popcorn! Movie TBD.

## **Lunch at the Valley Diner**

*February 20th at 12:00 pm*

Rescheduled due to weather; this outing will include hamburgers, milkshakes and great conversation!

## **Minnesota Zoo, Zoomobile**

*February 25th at 3:00 pm*

We are bringing the zoo to The Moments! The zoomobile and its team of trained naturalists will provide an educational and entertaining environmental experience for us all!



## *OTHER UPCOMING EVENTS*

### **Valentine's Day Dinner Celebration** by a romantic dinner.

*Thursday, February 13th  
from 4:00-6:00 pm*

Hearts & flowers, hugs & kisses...let's get together to give Valentine's wishes! Enjoy live music followed



### **Mardi Gras Party**

*Tuesday, February 25th  
from 12:00-2:00 pm*

Beads, masks and lots of jazz... All the goodies that Mardi Gras has! Join us in celebrating with a Mardi Gras Party!



## RESIDENT IN THE SPOTLIGHT

We are excited to introduce you to February's Resident in the Spotlight, William. Will was born on May 5th of 1931 and he grew up in Chicago, IL. Will's mother worked as a schoolteacher and a principal, while his father was a lumber broker. He was an only child. Will recalls having fond memories of practicing shooting pool on his father's pool table and has always enjoyed tinkering with anything mechanical (he was often recruited by his mother to help fix things around the house). Will went on to attend Butler University in Indiana and Phillips University in Oklahoma after high school. He then joined the Army as a medic at the age of 21. Will served in the Army for 3 years and even served in the Korean war. After Will got out of the Army, he went on to work for Cummins Engine Co. where he worked for over 36 years until he retired as a Senior Engineer. Will was married to his wife, Barbara, for over 16 years and they had 2 children together. After Barbara passed away, he remarried his wife Nancy and gained another son. They were together for almost 40 years when she passed away. He has 6 grandchildren, and 3 great-grandchildren. As an adult, Will primarily lived in Indiana, but moved to North Carolina for work just a few years before retiring and moving to Minnesota. In North Carolina, he owned a sailboat and enjoyed fishing and sailing. Will has also enjoyed traveling to exciting places like Israel and Mexico. He has a strong devotion to his faith and church and enjoys spending time with his family. Here at The Moments, Will loves cracking jokes for the other residents, attending church services, playing BINGO, and sharing all his knowledge during our games of trivia.



## MEANINGFUL MOMENTS

**Save the Date:**

**February 27th  
at 11:00 am**

We are excited to announce  
our Groundbreaking Ceremony!

Please join us in celebrating  
our expansion.

Please RSVP to Alexandra at  
612-749-4286 or  
[alexandra.bolen@themoments.com](mailto:alexandra.bolen@themoments.com)





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

### Red Velvet Ganache Trifle

#### Directions:

1. Preheat oven to 350 degrees.
2. Make red velvet cake: Lightly grease two 9-inch round cake pans with vegetable oil. Flour pans. Set aside. In a large bowl, sift together flour, cocoa powder, baking soda and salt. Set aside.
3. In a bowl, mix together sugar and oil; whisk over medium speed until combined, about 30 seconds. Add eggs and vanilla and whisk again over medium speed. Add food coloring and whisk again until well incorporated. In a liquid measuring cup, combine vinegar and buttermilk; stir briefly.
4. To sugar and egg mixture, alternate adding flour mixture on low speed and buttermilk mixture until just combined, starting and ending with flour mixture. Distribute batter evenly between both cake pans. Bake for 20 minutes or until toothpick comes out clean. Allow to cool 10 minutes in the pan, then remove cakes to cooling rack.
5. Make Ganache: In medium saucepan, bring cream and half and half to a simmer, stirring often to avoid burning the bottom. Briefly pulse chocolate in a food processor to break it further. With the motor running, quickly pour hot cream mixture into the food processor through the feed tube. Process until cream mixture and chocolate are completely blended. (If you don't have a food processor, place chocolate in a heat proof bowl and pour hot cream mixture on top. Allow to stand about 5 mins, then whisk until blended). Transfer chocolate mixture to a bowl and set aside to cool to room temperature.
6. Make the mascarpone whipped cream: while ganache is cooling, beat mascarpone, cream, vanilla and sugar together on slow until blended in a standing mixer fitted with the whisk attachment. Increase speed to high and beat just until stiff peaks form. Do not overbeat.
7. Assemble the trifle: Pour 1 cup of ganache into the bottom of the trifle dish. Allow layer to set in refrigerator until completely cooled, about 1 hour. Chill remaining ganache in refrigerator. Meanwhile, cut cakes into ½-inch pieces.
8. When ganache layer is set, cover with 1 pint of cake pieces. Break up some of the pieces into crumbs as needed to create solid layer. With an offset spatula, spread 1 ½ cups of whipped cream over the cake layer. Repeat process.
9. Cover and refrigerate trifle at least 2 hours to allow layers to blend together. Allow to chill until ready to serve. Enjoy!

#### Ingredients:

##### *Red Velvet Cake*

- 2 c. all purpose-flour
- 1 tbsp. unsweetened cocoa powder
- ¾ tsp. baking soda
- ⅛ tsp. kosher salt
- 1 ½ c. granulated sugar
- 1 c. vegetable oil
- 2 eggs, room temperature
- 2 tsp. pure vanilla extract
- 1 ½ tsp. red gel food coloring
- 1 tsp. cider vinegar

##### *Ganache*

- 20 oz. semisweet chocolate, finely chopped
- 1 c. heavy cream
- 2 c. half and half

##### *Mascarpone Whipped Cream*

- 16 oz. mascarpone cheese, room temperature
- 6 c. heavy cream, chilled
- ¾ c. granulated sugar
- ¼ tsp. kosher salt
- 2 tsp. pure vanilla extract

