

MPC Living

Margaret Pratt Community's Monthly Newsletter



Issue 1- 2025

Welcome to 2025! I hope this new year brings you all happiness, good health, and comfortable security in the months ahead. Our team of forward-thinking managers, including our new Facilities Director, Greg Lawson, have a plan for tackling some sticky issues of the past as we forge ahead with new ideas for building improvements, compliance, and service quality. I'm very proud our staff, especially a core contingent of well-trained and experienced employees who have recently proved their worth by stepping up during a recent community-wide spell of sickness. Their dedication, and really the attitude of the entire residential care staff, when you know what they actually do, can be quite humbling to those of us who do not provide direct care. Many readers of this letter, including family and friends, are aware of the challenges that come with the aging in place of their loved ones. There are some beautiful moments of connection with our residents, perhaps over a meal, in a seated conversation in their apartments, or in participation of an activity. But the aging process will sometimes show a dark side, a side of frustration, even turmoil that often a family member does not witness, a segment of their loved one's decline that is, not the fault of the individual, but is just part of their personal aging process which can result in some form of difficulty, both for them and the staff member who is tasked with managing their physical and cognitive challenges. This latter group-the health services assistant (HSA) and resident services assistant (RSA), are often faced with situations that demand them to mobilize their deepest desire to see through an episode with the patience and courage to resolve a matter in a dignified, safe, and caring way. In a word, they can be "tested" to maintain control of a situation even though the resident, wittingly or unwittingly, is in an escalated state of confusion, frustration, or discomfort. These challenges can be ugly if I'm to be completely transparent with you. There are times when a back-up call is heard, or nurse assistance is needed. In extreme or chronic cases, the clinical team will consult with the PCP or other clinical support personnel. The bottom line is that HSAs and RSAs at Margaret Pratt routinely manage these situations...they do it every day, 24 hours a day. They're here answering call bells, scurrying about like busy squirrels, with a singular focus...take care of the residents and take care of them with a sense of professionalism, dignity, and respect. Our hats go off to them!

-Michael

Life Enrichment News

Cooie is back

We always love having Cooie with us! Her Valentine's Day concert was a wonderful morning of music, celebration, and great company.

Fun at MPC



Resident Council

The MPC Resident Council (RC) has been working to establish its operating framework: electing the remaining officers; reviewing a draft set of by-laws; and discussing the establishment of several standing committees. By using a phased approach, the RC will finalize these items in regular monthly meetings through April. The standing committees include an Issue Inquiry Committee; an Education Committee; and a Welcoming Committee.

These committees represent the three pillars that support the RC mission: Advocacy, Education, and Involvement. These three pillars rest on the foundation of Communication. The RC functions as an agent that connects all the stakeholders of the Margaret Pratt Community. These include the residents, staff, administration and families. Communication is the glue that binds these elements together, facilitated by the RC.

As is the case in most of life, circumstances have been in flux these last few months, requiring the RC to revise its schedule of progress to accommodate the new realities. Nevertheless, the RC is alive and well and encouraging the continual improvement of our wonderful home. Margaret Pratt is an outstanding community we each appreciate and cherish. Increasing communication among all the members enriches our lives and our experiences.

A Word from our Health Specialists

Please remember how fragile the health of some of our residents is when coming to visit. We ask that you postpone your visit if you are feeling unwell, perhaps a telephone call would be a temporary solution. We do have sanitizer and masks available at the front desk so that you can sanitize both before and after your visit.

Kitchen Corner

Quick and easy Maple Frosting



Ingredients:

- 1 C Unsalted Butter at room temperature
- 1/3 C Maple Syrup at room temperature
- 1 t Maple extract
- 3.5-4 C Powdered Sugar

TIP- It is imperative for blending that all ingredients be at room temperature before beginning

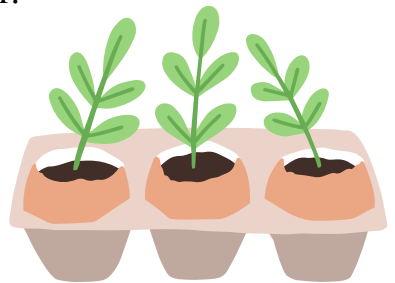
In a large bowl add butter, maple syrup, and maple extract. Whip together until well blended and smooth.

Slowly add in powdered sugar $\frac{1}{2}$ C at a time while mixer is running on medium low. Continue until all sugar is incorporated. Depending on your preference, you can choose to turn mixer to higher speed for a more delicate butter cream.

Club News

Spring is around the corner! We've already begun the countdown to March and getting our seeds started the week of Town Meeting. We've not voted on this years crops but we are always looking for donations of:

- Peat Pots (Various sizes)
- Perlite
- Seed starter soil
- Gardening gloves



Stay tuned as we will be planning our Friends and Family Gardening and BBQ day for later this spring. The residents appreciate all the help beautifying the property, let's hope the weather cooperates again like it did last year.



Leave Your Legacy

Make a lasting impact in the lives of your family, friends, and neighbors as they age and need care.

The long-term sustainability of the Margaret Pratt Community is possible - and increasingly necessary - through donations. These contributions support general facility operations, enhance the lives of residents, and fund The James Barton Fund. This fund subsidizes costs for individuals who fall in the gap between private payment ability and Medicaid qualification.

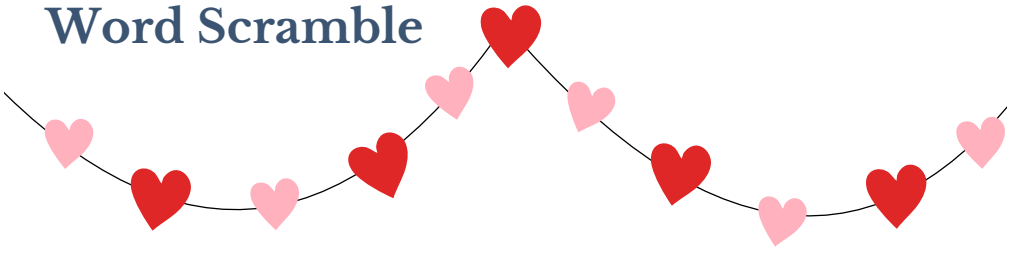
As people live longer, the likelihood of outliving financial resources grows. Margaret Pratt Community acknowledges this challenge and actively addresses it with compassionate solutions.

Many individuals who understand this need, or whose loved ones have found safety, companionship, and care here, recognize the importance of supporting our mission. They are invited to plan a legacy gift, ensuring the continuation and growth of this vital community resource for generations to come.

Your legacy gift ensures no one faces aging alone.

Visit: www.margaretpratt.org/DONATE

Word Scramble



TLIENNAEV -

LHCTTAOOC -

NLIOLCN -

ORSSE -

GORGOHDNU -

ELOV -

WONS -

ERSTDNPIES -

PERUS LOBW -

CKLAB RIOHSYT -

XOXO

VALENTINE, CHOCOLATE, LINCOLN, ROSES, GROUNDHOG,
LOVE, SNOW, PRESIDENTS, SUPER BOWL, BLACK HISTORY



MARGARET PRATT
COMMUNITY