

# MPC Living

Margaret Pratt Community's Monthly Newsletter



November 2022

**Hello everyone,**

Thank you to everyone who joined me for our first virtual family meeting! I will be offering these at least quarterly and will continue with my emails to everyone. Communication is always something that needs to be maintained and improved upon. Please don't hesitate to call me or ask for a meeting. I am very happy to discuss things with you individually and in-person.

The month of November is National Family Caregivers Month! It is a time to recognize all of you, and others like you, who have taken on the many roles of caregiving. This recognition involves many aspects of family life and is not specific to just the elderly. The risk of caregiver burnout is significant and the need for support, reassurance, and permission to "feel" burned out, has evolved over the years.

It is never easy asking for help. I understand that many of you, had to acknowledge that your loved one's care needs surpassed what you were able to provide at home. That is not a small or insignificant decision. Whether in a private home or a facility, there is no perfect caregiver or caregiving situation. Each of us strives to do our very best and work towards a high quality of life. Having your loved one at Margaret Pratt Community, as part of our family, is indeed an honor.

Thank you for the seconds, minutes, hours, days, weeks, and years that you have committed to being a caregiver for someone you love. Be proud of yourself for recognizing that you need time to take care of yourself, to be a good caregiver. Know that you have accomplished great things and that you have and continue to make a difference.

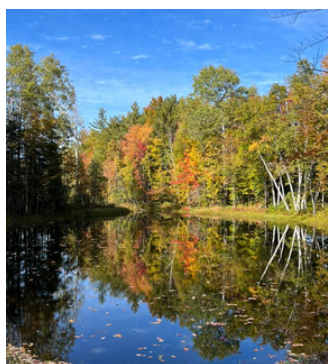
Take care,  
Gretchen

**"It's not how much we give, but how much love we put into giving." Mother Theresa**

# 3rd Annual Leaf Peeping Photo Contest!

Thank you everyone who participated and shared beautiful foliage images. Our residents had a wonderful time selecting the top 4!

Winner



## A Word from our Health Specialists

This month we will be providing flu shots for our residents!



If your loved one gets a flu shot with their own provider, please have them fax proof of vaccination to 802-449-1980.

## Kitchen Corner

Lucky enough to have some of Chef Norma's Strawberry Jam? Make some delicious **thumbprint cookies!**

### Ingredients:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/4 cup packed brown sugar
- 3/4 cups butter, softened
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp vanilla extract
- 1 egg
- 1/4 cup strawberry jam
- 1/4 cup powdered sugar



- In the bowl of your stand mixer cream together brown sugar, granulated sugar and butter over medium speed. Add the egg and vanilla extract.
- Add the flour, salt, and baking soda and mix over medium speed until all ingredients are well incorporated.
- Wrap your dough in plastic wrap and place in the fridge for 30-45 minutes to chill. While your dough is chilling, place strawberry jam on the counter to get to room temperature and whisk to loosen up.
- Preheat oven to 375 degrees.
- Line a baking sheet with parchment paper and roll about 1.5 tbsps of dough into a ball and place on the sheet.
- Using your thumb or index finger, gently press the center of each cookie dough ball. Be sure NOT to press all the way through to the bottom of the cookie.
- Fill each thumbprint with about a 1/2 tsp of jam.
- Bake cookies for 9-11 minutes until lightly golden on bottom and toothpick runs through the cookie clean.
- Transfer cookies to cooling rack and let cool completely.
- Sprinkle with powdered sugar.



# Fun at MPC

**Harvest Celebration** - It was such a fun celebration filled with laughter, delicious treats from our kitchen and great music with Patrick Ross.



**High Tea with Erin** - With the help of Chef Norma, Erin hosted a tea party for our residents.



Thanks to Ruth Clements' friends we hosted a special Bingo afternoon with great prizes in honor of her!



## Life Enrichment News

**Here are some of the upcoming fun we have planned for our residents:**

- Game nights every Wednesday night at 7 pm.
- Continuing van adventures and watching the leaves clear off the trees.
- Caring for the community.
- Monthly tea social with Erin at the end of the month.
- Pedicures with Erin and Jenna every other Thursday 1pm-4pm.

## Bulletin Board

Daylight saving time ends on Sunday Nov 6th, remember to turn back your clocks before you go to bed on the 5th!



Thanksgiving is right around the corner so please let Erin or Jenna know if you will be taking a resident out for Thanksgiving festivities. We will work to make sure everyone is ready to go!

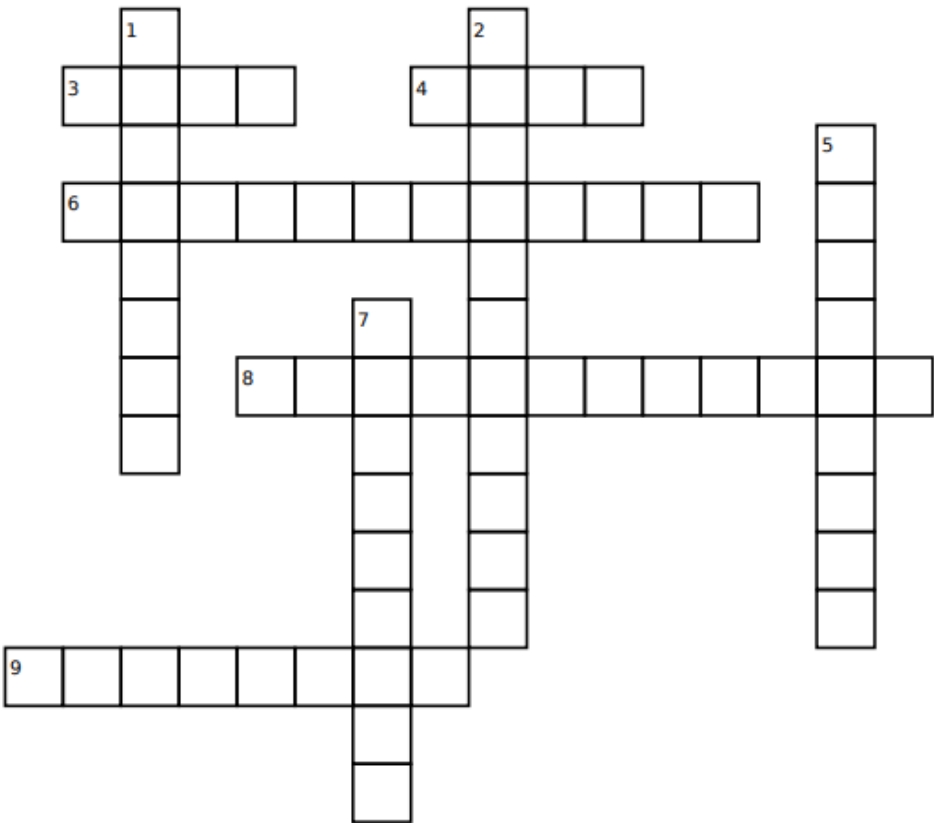
# Crossword Puzzle

## Down

- 1. The leader of the building
- 2. Played at the Harvest Festival
- 5. Creates delicious menus for our health
- 7. The residents made bags of goodies to help celebrate this holiday

## Across:

- 3. This Nurse has her office on the 2nd floor near the elevator
- 4. Works the evening shift and helps everyone to bed
- 6. This delicious red treat we celebrate in summer
- 8. Upcoming holiday to spend with friends and family
- 9. Margaret Pratt Community welcomed the first residents in this month



1. Gretchen 2. Patrick Ross 3. Erin 4. Sage 5. Chef Norma  
6. Strawberries 7. Halloween 8. Thanksgiving 9. December



MARGARET PRATT  
COMMUNITY