

MPC Living

Margaret Pratt Community's Monthly Newsletter



November 2023



After our residents went through a delightful "leaf-peeping" journey viewing the vibrant photos submitted for the 4th Annual Leaf Peeping Photo Contest, they selected their top four favorites. Following that, our dedicated Facebook followers cast their votes to determine the ultimate winner among these finalists. The entire experience was nothing short of wonderful, and we extend our heartfelt thanks to everyone who contributed their stunning foliage images. It was a delightful treat for all of us here at Margaret Pratt Community.



Congratulations Lauren Harlow, the winner of this year's contest with the picture "Foggy Foliage"

Kitchen Corner

Residents have enjoyed the weekend porch socials all summer and we've moved inside!

This month we're enjoying festive themes such as Tea & Cookies, Hot Cocoa Bar, Pumpkin Spice and a fun Appletini cheese and crackers event.

These socials happen on Sundays at 2 pm and friends and family are welcome to join in.

Appletini Recipe

Ingredients:

- 1 cup apple juice
- 4 tablespoons vanilla simple syrup
- 2 tablespoons fresh lemon juice
- Thin sliced apples

Combine ingredients in shaker, strain into cocktail classes.

To make simple syrup

In a glass measuring cup, add $\frac{1}{4}$ cup vanilla. Add $\frac{3}{4}$ cup water. Add to a pan with 1 cup of brown sugar. Simmer over low. Cool.



Holiday Wish List

Not sure what to get your loved one this year? We talked with a few of our residents and here's what they included in their wish list:

🎄 *Newspaper subscriptions* *Journal Opinion or Valley News are local favorites.*

🎄 *Magazine subscriptions* *Large print if possible.*

🎄 *Easy to care for plants* *Succulents and peace plants are lovely.*

🎄 *Upscale personal care items*

🎄 *Rubber soled slippers*

🎄 *Bedsheets*

🎄 *Non-slip socks*

🎄 *Bathrobe*

🎄 *Pajamas*

🎄 *Quarters*

🎄 *2024 calendar*



To purchase a gift certificate for Salon Services, please clearly mark which resident it is intended for. Checks can be made out to Margaret Pratt Community for any amount of your choosing. We will print out a certificate and present to the resident at the time you choose. Checks can be mailed to MPC c/o Lindsey Bigelow
210 Plateau Acres, Bradford VT 05033

Please remember that due to fire safety reasons, we **can not** allow traditional bough wreaths or yule logs.

Halloween at MPC



Harvest Festival



Bulletin Board



A word from our Health Specialists

Please use hand sanitizer when coming into the building!

The Vermont Department of Health and the Centers for Disease Control & Prevention encourage all Vermonters to get vaccinated, especially those at high risk of complications.



Vaccination is recommended if you are:

- Age 6 months and older
- At high risk of complications from the flu, or if you are in contact with someone who is at high risk

High-risk groups include:

- Pregnant people
- Breastfeeding people
- All adults 50 years of age and older
- Residents of nursing homes and other long term care facilities
- Healthcare workers
- Travelers
- People with certain chronic medical conditions
- People with a compromised immune system
- Anyone with a condition that can compromise respiratory function
- People at high risk for severe complications from influenza

For more information about preventing the Flu and vaccines, visit: <https://www.healthvermont.gov/disease-control/flu/preventing-flu>

Word Find



F A U L P E J S N H X T N T E
A J U Z C G N E I C M E U Y T
M Y I I K O B V K O C N T S S
I R E H T A G I P R B O E F G
L U F K N A H T M N E V R K U
Y G W C R P C A U T R N F N L
A Y E J R U O N P A L R N A N
D H F P J A T T H L I X I I D
S T U F F I N G A E J C B R D
R J X X G C F B N T O D E P Q
U Y V A R G K D E S O S W Z T
H Q W A U C S E B R S E K X J
T N O V E M B E R I R V S V N
M I R G L I P H N B A Y U R H
S Q U A S H E G S B A P J X X

CORN

PUMPKIN

NATIVES

DINNER

STUFFING

POTATOES

FRIENDS

TURKEY

SQUASH

HARVEST

PILGRIM

THURSDAY

SOCIAL

THANKFUL

CRANBERRY

DRESSING

FAMILY

GATHER

GRAVY

NOVEMBER



MARGARET PRATT
COMMUNITY