

Neighborhood News



FEBRUARY 2018



Show some love to
your favorite residents
at our Valentine party!

February 14th at 2:00pm

A King and Queen selected. Music provided by Eric Pederson.



Resident of the Month

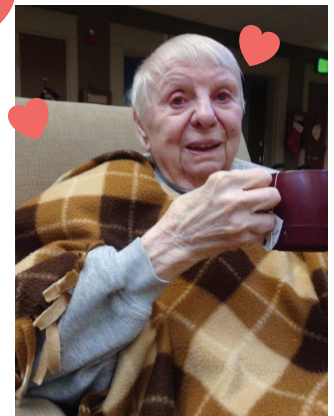
Margaret Perko

Margaret was born February 25, 1922 to Lucy and John Shutte. When she finished high-school she wanted to be a nurse but due to lack of funds for nursing school she took employment at F.W. Woolworths, Eveleth, MN.

She lived in the same house for more than 40 years. Her husband Joe was a professional football player graduating from the Cincinnati University. Joe worked for Erie mining until they cut back. Margaret was ahead of production inventory at Inland Steel Indiana, keeping track of how all the facilities were doing.

They have 2 sons, John and Judd. John and Michelle have 2 children and live on Ash lake near Orr MN. John retired from Inland Steel. Judd and Sandy have 1 son and live in the Twin Cities. Judd retired from St. Louis Co..

The Shuttles' have 40 acres of land near the Fayle pond near Eveleth MN. and her nephew lives there today. Joe and Margaret went to Ely near weekly and Orr on occasion. Her sister and her vacationed to Mexico, San Francisco, New York, and Florida. Finally, Margaret is very friendly so stop by her room to welcome her to the new Cook Care Center.



Margaret Perko



Helen Museta
Linda Marie Aune

2/7
2/27

Cost of Living 1948

Avg. New House	\$7,700
Gallon of Gas	16¢
Chewing Gum	12¢/3
Movie	60¢
Onions	49¢/10 lbs
New Auto	\$1,295
Average Wage	\$1,295



I.C.A.R.E VALUES

I – Integrity:

We are honest, ethical and do the right thing.

C – Compassion:

We provide the highest quality care, treating patients, residents and family members with sensitivity and compassion.

A – Accountability:

We value accountability and expect each employee to conduct themselves with a sense of integrity, responsibility and ownership.

R – Respect:

We treat all of our patients, residents, visitors and fellow caregivers with dignity and respect.

E – Excellence:

We deliver the best outcomes and the highest quality service through the dedicated effort of every team member.

**Sometimes you will never
know the value of a moment
until it becomes a memory.**

— Dr. Suess

WebDonuts.com



ONLINE NURSE AIDE PROGRAM



COOK
HOSPITAL & CARE CENTER

The Cook Care Center has partnered with Leading Age Minnesota and the State of Minnesota to offer an online Nurse Aide program through the Cook Care Center.... with no upfront costs to the participants.

This partnership offers candidates the opportunity to take the nurse aide program with skills lab and clinicals completed at the Cook Care Center.

Class size is limited to 10 participants.

A background check and drug screening is required prior to starting the program. After passing the program, a 90-day employment commitment to Cook Care Center OR reimbursement of program fees is required.

For questions about the program, please contact:

Stef Gornick, Nurse Aide Program Coordinator
Cook Hospital & Care Center
218-666-6278 sgornick@cookhospital.org

To register for the program and schedule a drug screening, contact:

Stephanie Maki, Human Resources Director
Cook Hospital & Care Center
218-666-6220 smaki@cookhospital.org

Valentine's Delish! Shrimp Linguini in Pesto Sauce



Shrimp Linguini in Pesto Sauce

2 cups heavy cream
1/2 teaspoon ground black pepper
Ground Black Pepper, 3 oz
1 cup grated Parmesan cheese
1/3 cup pesto
1 box linguini pasta
1 pound large shrimp, peeled and deveined

Directions

Bring a large pot of lightly salted water to a boil. Add linguine pasta, and cook for 8 to 10 minutes, or until al dente; drain.

In a large skillet, melt the butter over medium heat. Stir in cream, and season with pepper. Cook 6 to 8 minutes, stirring constantly.

Stir Parmesan cheese into cream sauce, stirring until thoroughly mixed. Blend in the pesto, and cook for 3 to 5 minutes, until thickened.

Stir in the shrimp, and cook until they turn pink, about 5 minutes. Serve over the hot linguine.

Creative options!

Add halved grape tomatoes, parsley and or spinach, mushrooms or fresh herbs.

YUM!



3 Ways to Bring Joy into Senior Care

Many seniors resist being taken care of. This resistance can turn senior care into something dreaded and negative, but there are ways that you can help your loved one by bringing daily joy!

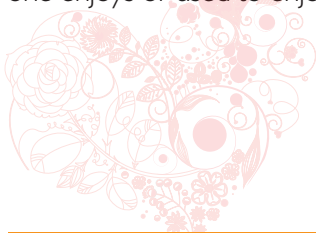
Bringing joy into senior care is truly about helping your loved one live a better, happier life and helping build up your relationship with them in the process.

Here are 3 ways that you can bring joy into your loved one's senior care.

1. Make Senior Care Cooperative and Collaborative. Let them have a voice and don't be a dictator. You both have opinions, feelings, and perspectives that should be treated and regarded equally.

2. Be Expressive and Communicative. You can bring your loved one and your relationship with them a lot of joy simply by telling them how you feel and listening to how they feel.

3. Engage Your Loved One in Their Senior Care. Try to think of activities that your loved one enjoys or used to enjoy and encourage them to do them with you.



Doing these activities with your loved one will make both of you happy and close.



Resident Dining Committee

A meeting was held on December 27, 2017. Members of the Resident Dining Committee are: Doris, Alice, Lorraine, Inez, Harry H., and Alvin. Present: Doris, Lorraine, Harry H., Alice, and Kay

All members stated the meals are pretty good. All stated they are enjoying the raw vegetables with the dip. Some residents in the South Household feel they don't get them offered very often. Alice stated she has enjoyed the additional Italian foods now offered.

Things they would like to see improved and or offered are:

1. Different vegetable and vegetable blends. Seems too many of them have green beans and/or broccoli.
2. More lettuce salads "there has been a little more added since our last meeting but even more would be great".
3. Take fish sticks off the menu. Most stated they get "hard"
4. Make sure apples get stocked as they are often out
5. Doris would like the turkey bacon to be served a little crispier

Other comments: all agreed the variety of breads at breakfast has been really good. They would like to have two meats offered at Christmas next year, not just the Prime Rib.

Asked if there was any "type" of food they would like to have: Alice stated Mexican and Kay would like Scandinavian foods.

There were no new foods they were interested in trying at this time.

Follow up: Fish sticks will be removed from the menu. Staff will look to see what other vegetables would be available and bring that info to the next meeting. Staff in the South Household will be reminded to offer the fresh vegetables at meals. Culinary Chef, Eric, will look at doing Mexican and Scandinavian foods as a theme meal in the near future.

Committee members agreed to meeting on the 4th Wednesday of each month. If you have any items you would like to have discussed at this meeting please let a member of the committee know.

"Enough with the green beans already!"





TRIVIA CORNER! 1948

1. What was the product whose cost increase caused children to riot in British Columbia causing the government to shut down for the day?

A. Milk B. Chocolate C. Toys

2. Home shopping became popular due to the promotion of which product?

A. Amway B. Mary Kay C. Tupperware

3. In 1948, this splashed into every diner and bar.

A. Jukebox B. Beer on Tap C. Shake Machine

4. Which of these was a popular song in 1948?

A. The Woody Woodpecker Song
B. Gardens of the Sky C. Jenny Jenny

5. Who said, "Tonight we have a really big show!" (pronounced shoe)?

A. Johnny Carson B. Carol Burnette
C. Ed Sullivan

6. What dimestore product introduced in 1948 is a popular candy for "explosive soda" experiments?

A. Baking Soda B. Mentos C. Kryptonite

7. Which 2 countries were not invited to the olympic games of 1948? Pick 2

A. China B. Japan C. Germany

8. Before the NBA allowed players of color, which African American team soundly beat the NBA Champs-Minneapolis lakers- in a matchup?

A. The Mighty Memphis B. Harlem Globe Trotters
C. The Chicago Hustlers

9. What iconic toy was introduced in 1948?

A. Slinky, Jr. B. Yoyo C. Skateboard

10. What popular board game emerged in mid 1948?

A. Monopoly B. Sorry C. Scrabble

Good Luck!

10. C. Scrabble
9. A. Slinky
8. B. Globe Trotters
7. B. and C. Japan and Germany
6. B. Mentos
5. C. Ed Sullivan
4. A. Woody Woodpecker
3. A. Jukebox
2. C. Tupperware
1. B. The Candy Riot - Chocolate

ANSWERS

Y'kiddin me?!

Thomas Edison, the inventor of the lightbulb,
was actually AFRAID of the dark!

FACT: You are one centimeter taller in the morning!

Volunteer Trivia The first 4 facts!

You may have already taken an interest in volunteering, but how many fun facts do you know about? Here is a fun list of 4 facts to ponder... 33 more to come!

1. According to a survey, 96% of volunteers believe that volunteering makes people happier in their lives. This is backed with further research that shows that volunteers answer questions more positively if they have been taking part in regular volunteering activities. This could be anything from helping to fundraise for their favourite charity, to travelling across the world to work in a underprivileged community!
2. Volunteers contribute \$200 million to the economy! This helps the country develop further and volunteers often feel happy to have been able to visit the country on this basis.
3. Volunteering can lead to job opportunities that you never would have heard about otherwise. It will introduce you to new people, who will look at you in a positive light by knowing you're taking part in a volunteering project or program. Never forget the importance of showing that you care! You could even set yourself the goal to get as many types of volunteering projects on your list as possible. Making sure they are always causes you care about, of course!
4. Volunteering can help improve your mental health by giving you feelings of gratitude for what you have in your own life. This new perspective can help you see things more clearly and feel inspired to keep doing the great work you're involved with. When seeking help with mental health issues, often people will be advised to take part in volunteering projects in their spare time, to serve as a distraction from unhappy feelings but also a new focus.