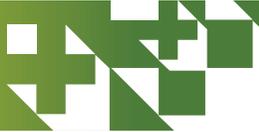


Neighborhood News



SEPTEMBER 2018



Welcome to the monthly newsletter for the Cook Care Center. We hope you enjoy the articles, recipes, trivia and photos. We look forward to sharing our experiences with you every month. For resident safety and to make getting around easier we are installing handicap buttons in our Garden area. There are handicap buttons being placed at both the north and south doors of the garden area on the East side of the Care Center. Also, the doors to get out of that area are unlocked so residents have the opportunity to go in and out as they wish. The doors on the gates will continue to be controlled access via badge for resident safety. We are also placing phones in this location and outside of our main entry. This area is also a favorite of residents to visit. So, if residents are outside and have a problem or wish to return inside they can pick up the phone and without dialing will reach staff.

ALWAYS DO RIGHT; THIS WILL GRATIFY SOME PEOPLE AND ASTONISH THE REST.
—MARK TWAIN

HAPPY BIRTHDAY!



SEPTEMBER 2018

Raymond Juntunen 9/19

Cost of Living 1942

New House	\$3,770
Loaf of bread	10¢
Gallon of Gas	15¢
New Car	\$920
Yearly Wages	\$1,880
Bottle of Coca Cola	5¢



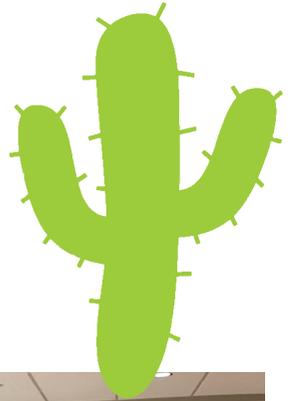
Fun Fact:

A pregnant goldfish is called a twit.

A strand from the web of a golden spider is as strong as a steel wire of the same size.



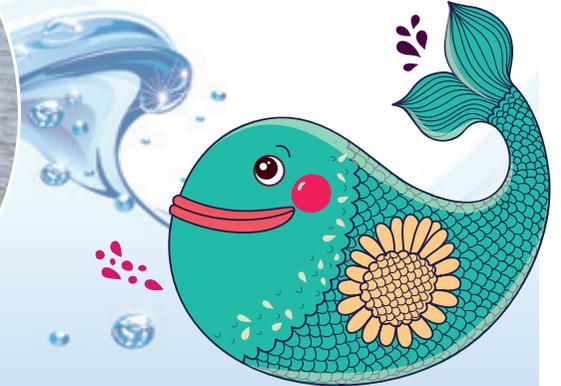
Fiesta Fun!



Some pictures from the Care Center Picnic July 31st. We had great weather and participation! Nutrition Services served around 65 meals that fun day!! The menu included hot dogs and hamburgers with variety of cheeses and toppings available...grilled by Cody and outstanding prep and service by Alicia and Samantha and rest of kitchen crew days prior. We also served baked beans, variety of salads, fresh fruit platter, and cookies as well as lemonade and punch to drink!

Thank you to everyone for helping make the day a success!





Welcome Barb Remington!

Barb was born and raised in Minneapolis MN. She was married to her wonderful husband, Curtis “Corky” for 55 years. Barb worked as a store clerk in Minneapolis for many years. She raised 6 children, 5 boys and 1 girl and they have blessed her with many grandchildren and great grandchildren. Barb states “I have too many to even name”. In her later years Barb moved to Cook, residing with her sister Pat at her home on Lake Vermilion. Barb professes to be a dog lover and had many different dogs in her life. Barb reports that the secret to a long life is holding true to the old saying “early to bed and early to rise”. Some of her past hobbies include playing cards, sewing, knitting, rug hook, and crocheting. She also adds that she loved to dance even though her husband did not like to. When asked if there is anything she does not like Barb replied “the only thing I absolutely do not like is butterscotch. Otherwise I like most everything.”

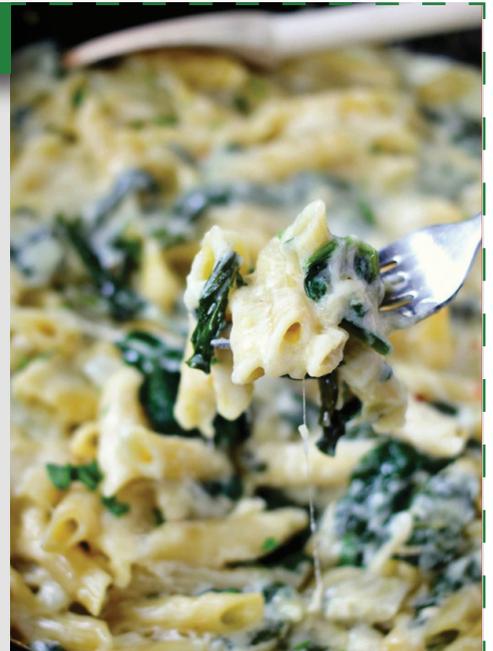
One Pot Spinach Artichoke Pasta

Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic minced
- 1 onion finely chopped
- 16 oz penne pasta
- 1 can quartered artichokes drained
- 2 Tbsp butter
- 2 cups chicken broth
- 1 cup milk
- 1 cup spinach roughly chopped
- 1/2 cup shredded Gruyere or Swiss cheese
- 1/4 cup grated Parmesan cheese
- 1/8 tsp crushed red pepper
- Salt and pepper

Instructions

1. Heat oil in large pot over medium heat. Add onion and garlic and cook for 3-5 minutes or until softened.
2. Add pasta, artichokes, butter, chicken broth and milk and bring to a boil. Reduce heat to simmer and cook for 10 minutes, stirring occasionally.
3. Add spinach and cook for an additional 8-10 minutes. Remove from heat and stir in cheeses and crushed red pepper. {If the pasta is too thick, thin with extra milk}. Season with salt and pepper.





TRIVIA CORNER! 1942

- In 1942, what began being rationed in the United States?
A. Bread **B.** Soap **C.** Gasoline
- What movie premieres at the Hollywood Theater in New York City in 1942?
A. CasaBlanca **B.** Mary Poppins **C.** Field of Dreams
- A hurricane and flood in Bombay kills how many people?
A. 2,000 **B.** 40,000 **C.** 490
- What Walt Disney animated film premieres in the United Kingdom?
A. JungleBook **B.** Snow White **C.** Bambi
- On her 13th birthday, what does Anne Frank do?
A. Goes into hiding **B.** Makes her first diary entry **C.** Kissed a boy
- What major infrastructure was completed?
A. Railroad **B.** Coast to coast electrical lines **C.** Alaskan Highway

- BBC banned what song during work hours due to its infectious tune?
A. Dixieland **B.** Heartbreak Hotel **C.** Deep In the Heart of Texas
- Who holds the record for surviving adrift in a life raft for 133 days in 1942-43?
A. Ronert Muldeen **B.** Poon Kim **C.** Alexis Monroe
- Who was Time Magazine's 'Man of the Year'?
A. Joseph Stalin **B.** Franklin Roosevelt **C.** Frank Sinatra
- Coca-Cola Deutschland created what as a result of difficulties importing Coca-Cola syrup into Nazi Germany during World War II?
A. Sprite **B.** Fanta **C.** Rootbeer
- Walt Disney helped the Army design what to make chemical warfare less frightening to kids?
A. Mickey Mouse Gas Mask **B.** Soldier Pajamas **C.** Ninja Turtles
- Many families had a ___ garden in 1942?
A. Pickle **B.** Rock **C.** Victory

Good Luck!

- C. Gasoline
- A. CasaBlanca
- B. 40,000
- C. Bambi
- B. 1st Diary Entry
- C. The Alaskan Highway
- C. Deep in the Heart of Texas
- B. Poon Kim
- A. Stalin
- B. Fanta
- A. Mickey Mouse Gas Mask
- C. Victory

ANSWERS

No Kiddin'?

The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "Its A Wonderful Life."

Antarctica is the only continent without reptiles or snakes.

Highlights from the Resident Council Meeting

Quarterly Resident Council Meeting Participants: 4 residents + 2 staff members

The Pledge of Allegiance was recited by all and the meeting called to order at 2:10 by the presiding President, Inez Burris.

Each department was gone over individually, Dietary, Nursing, Activities, Housekeeping, Rehab, Maintenance, Administration, Social Services, and Unresolved Pain.

Dietary: Residents present say they are seeing some improvement in their food. They are still saying breakfast is slow.

Activities: Shona went over some new games that have been ordered and will be here next week. She also highlighted on a outing to Peterson's Landing for a BBQ, games, pontoon ride and being able to invite family to attend with the resident. There was a request to see if the Catholic Priest could come more than once a month.

Rehab: Most residents are satisfied with the amount of rehab they are receiving.

Maintenance: A couple of residents have reported seeing ants in their rooms, this was brought up to maintenance. There was a concern that it is often too cool at night, this was also brought to maintenance.

Pain: Each resident in attendance was asked about their pain and general comfort here at the Care Center. There was talk about each resident's pain and if the resident asks for something for pain they are given it.

Activities: Residents were asked if they wanted the Resident Council Meeting to be held monthly or Quarterly, Residents said monthly. Activities for Summer to include the introduction of some new games, bowling, basketball, and Shuffle Board. Day out at Peterson's Landing for summer fun, grilling of the noon meal, games and pontoon ride. Residents asked families to attend as well.

Resident Rights: Safe Environment (pages 38-39) in the handbook was read and discussed.

