



Swanton Health Care & Retirement Center

Enrichment Journal

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Valentine's Day Facts

- Every year about 1 billion Valentine cards are sent out making this the second largest card sending holiday (after Christmas). Children between the ages of 6 and 10 account for more than 650 million of those.
- Teachers receive the most Valentine's cards, followed by children, mothers, wives and then sweethearts.
- 73% of those purchasing Valentines day flowers are men while only 27% are women.
- Cupid became a symbol of Valentine's day because he was the son of Venus, the Roman God of love and beauty.
- Verona, the Italian City where Shakespeare's Romeo and Juliet lived receives about 1,000 letters every year on Valentine's Day sent to Juliet.
- The oldest surviving love poem is written on a clay tablet from the Sumerians, inventors of writing, circa around 3500 BC.
- In the Middle Ages young men & women drew names from a bowl to see who their Valentine was going to be. They would wear the drawn name pinned on their sleeve for one week so everyone could see it. This became known as "wearing your heart on your sleeve."
- Amongst the earliest Valentine gifts were candies. Value was placed on these gifts as they contained a rare and valuable product- sugar.

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Special points of interest:

- Joan Poldyak is in our resident spotlight
- Meet STNA Gina Root
- Learn about some fun things you can do with chocolate

Karen's Corner

Each year on February 2nd, Punxsutawney Phil comes out of his burrow on Gobbler's Knob to predict the weather for the rest of winter. According to legend, if he sees his shadow, we will have 6 more weeks of winter. If he does not, then it will be an early spring. This celebration began with Pennsylvania's earliest settlers. They brought with them the

legend of Candlemas Day, which states, "For as the sun shines on Candlemas Day, so far will the snow swirl in May..." Punxsutawney held its first Groundhog Day in the 1800s. The first official trek to Gobblers Knob was made on Feb 2 1887. Legend has it that Phil got his name from King Phillip. Prior to that he was known as Br'er Groundhog.

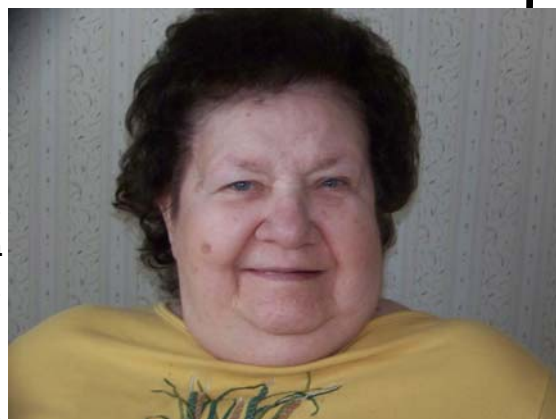
Resident Spotlight

Joan Poldyak is in our resident spotlight this month. Joan has lived here since May of 2008.

Joan was born in Rossford, Ohio and continued to live there for many years. Joan proudly tells us that by the age of 5, she could speak 5 different languages and as she grew up she learned 2 more making it a total of 7 languages.

Joan graduated from Olney High School. After high school Joan worked for 28 1/2 years as a journal clerk at the Lucas County Probate Court where her job functions included hand typing all of the journals and training the other staff on the process as well. For 19 of those years she worked for Judges Leudeman and Koph. The remainder of her time she spent working for Judge Puffenberger.

Joan met Donald Young over 50 years ago and laughs at the fact that he is Irish and she is Polish. Although the two of them never married nor had any children they enjoyed several years together traveling all over the US. She says the two of them loved every minute of it and met many wonderful people throughout their travels. Joan says the best thing in her life was meeting Don. She says he is the light of her world and her eyes shine when he comes into the room when he visits her - which he



Meet Our Staff

This month, we would like you to get to know a little more about STNA Gina Root.

Gina has been employed here at SHC for about a year and a half now as one of our STNA's. Prior to her coming here, Gina worked at a car dealership for 12 years when she decided that it was time for a change. Also on Gina's résumé (and something she says most people are surprised to hear) is the four years spent as an active member of the US Marine Corp. Gina joined the marines shortly after high school and spent her time in North Carolina.

Gina has been married to her high school sweetheart, Bill, for 27 years. The couple has three sons-Justin, Matt and Chris and are the proud new grandparents of Brayden Michael who was born this past January 18th. The couple also include their 2 dogs, Duncan (a pug) and Sebastian (a shitzu) as part of their family.

When not at work, Gina says she enjoys spending time with her family and friends camping and boating on the river. Gina also enjoys traveling and seeing the country. She tells us she spent many years with her sons while they raced motocross and she is hoping to do so with her grandson too in the future!

Gina is an avid Ohio State fan, and says she still roots for the Cleveland Browns too!

Gina says she enjoys working with our residents and getting to know about them. Thanks Gina for all you do! We are happy to have you as a member of our team!



Welcome, New Staff

We were very happy to include the following new staff members into our family during the month of January:

Richard Finley, Dining Services Attendant
Brittany Kimmel Barker, STNA

WELCOME

February Birthdays

The following residents and staff will be celebrating their birthdays throughout the month of February:

Residents:

Florence Ochenas	6th
Ila Baum	10th
Phyllis Kramer	15th
Conrad Korecki	19th
Olie Kosciuczyk	23rd

Staff:

Becky Cantu	3rd
LaDonna Brown	9th
Janet Pawlinski	12th
Mary Leu	14th
Tom Meyers	16th
Nick Dauwalter	20th
Shelly Whetstone	21st
Rose Tomczak	21st
Thelma Graham	23rd



February Anniversaries

The following staff members will be celebrating the anniversaries of their years of service here at Swanton Health Care:

Stacey Rish, Executive Chef, 6 years

Karen Warren, LPN, 5 years

Sherry Hawkins, LPN, 4 years

Tonya Daniels, Quality of Life, 2 years

Ashley Smith, LPN, 1 year



Finding Your Inner Chef

by Chef Stacey

Many of us associate Valentines Day with chocolate so I thought I would make that my topic for this month.

You should always store chocolate in a cold place (below 75 degrees if possible). At higher temperatures chocolate may turn gray indicating that the cocoa butter has risen to the surface. Do not be discouraged however, this does not affect the taste of chocolate at all and it can still be used for melting. Melting of chocolate should be done very gently as it has a tendency to scorch and burn very easily. There are a few different ways to melt your chocolate. First you can use the double boiler method on your stove top. Just be sure to not let any water get into your chocolate as it will damage the chocolate and cause it to stiffen up and become unworkable. If you use this method do not try to do it too quickly by using a high flame. You can also melt chocolate in a microwave. Melt on a medium power for just a minute or so at a time. You can always put it back in the microwave for more time if needed rather than burn it.

Once your chocolate is melted there are many things you can do with it. You can dip various fruits, candied fruits and nuts into it. If you are doing this, make sure you work quickly while the chocolate is holding at an even temperature.

Another thing you can do with your melted chocolate is to dip various cookies or candy centers into it to make your own unique creations. There really is no limit to what you can dip into your chocolate. Marshmallows, oreos, graham crackers are some of my favorites.

Another thing I like to do is to make a candy that is commonly referred to as "bark." You simply melt your chocolate and then stir in whatever add ins you would like. Once your additions are stirred in, pour your chocolate onto parchment paper and let it cool. Then you break it into tiny pieces and store in an airtight container. Again, the sky is really the limit here on what you can add into your bark. Any type of nut, candy or coconut would work well for you.

These are only a beginning of ideas of what you can make with chocolate. And if you are a "chocoholic" like me- trial and error can be the best part!

Alice's Poetry Corner



You've Touched My Heart

You've given me a reason
For smiling once again,
You've filled my life with peaceful dreams
And you've become my closest friend.

You've shared your heartfelt secrets
And your trust you've given me,
You showed me how to feel again
To laugh, and love, and see.

If life should end tomorrow
And from this world I should part,
I shall be forever young
For you have touched my heart.



Egg and Bacon Breakfast Casserole

Ingredients:

- 4-6 slices of bacon, diced
- 3 slices of bread slightly buttered
- 3 eggs, slightly beaten
- 1 cup milk
- 1/2 t salt
- 1/4 t dry mustard
- 1/4 t ground paprika

Cook bacon until browned. Cut bread into smaller pieces. In a lightly buttered deep casserole (1 qt sized), make layers of bread pieces and bacon. Whisk together eggs, milk, salt, mustard and paprika; pour over bread and bacon. Bake at 350 degrees for about 40 minutes, or until puffy and a knife inserted in the center comes out clean.

**Swanton Health Care &
Retirement Center**

214 South Munson
Swanton, OH 43558

Phone: 419-825-1145
Fax: 419-825-1658
E-mail:
jlangwell@swantonhealthcar

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Cares For Yours

We're on the Web!
www.swantonhealthcare.com



Swanton Health Care and
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Assisted Living resident Florence Ochenas needs our help! She recently teamed up with Karen Warren-one of our nurses- to collect as many canceled stamps as she can. For each stamp they collect 11 cents is donated to missionary work.

So, if you would like to help, just save your cancelled stamps off of your incoming mail and bring them in for Florence and Karen to donate to this great cause!

You can also drop off any of these cancelled stamps to Terry Shear in the Enrichment Department.

Thanks for your help!

