

# Enrichment Journal

May 2010



## Mitchell Family Community Picnic

The annual Mitchell Family Community Picnic will be held on Sunday, May 16th from noon until 3 pm at Swanton Health Care & Retirement Center.

The event will be held rain or shine and will feature:

**A Full BBQ Picnic**

**Children's Area**

**Petting Zoo**

**Horse Rides**

**Face Painting**

**Raffles & Prizes**

**Cake Walk**

**Cotton Candy, Slushes & More**

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Parking for this event will be at the Park Elementary School on Garfield Avenue with complimentary continuous shuttle services throughout the event. For your convenience, a drop off area will be available on site for those requiring assistance.

If you have any questions about the event, please contact Chef Stacey at 419-825-1145 for more information.

Reservations are not required for this event.

Mark your calendars for this great annual event!

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## Mother's Day Brunch

Sunday May 9th is this years date for our annual Mother's Day brunch. Food will be available from 11 am until 1 pm and will feature a variety of breakfast and lunch items such as made to order omelets, French Toast, breakfast meats and pastries, Chicken, potatoes, carved ham and a variety of salads and desserts.

If you plan on attending, the

event is free of charge for up to two guests per resident. Any additional guests will be \$6.00 for adults and \$3.50 for children 10 and under.

Reservations are REQUIRED for this event and can be made with any member of the Enrichment Department at 419-825-1145.



## National Nursing Home Week

May 9th thru 15th is National Nursing Home Week and we have lots of celebrations planned. This years theme is "Enriching Every Day." Each day our Enrichment staff will be highlighting ways in which our residents lives are being enriched throughout the year.

As mentioned above, the week will start off with our Mother's Day brunch on May 9th.

The theme for Monday, May 10th will be "Enriching through Crafts" and our Enrichment staff will be making special crafts with our residents.

Tuesday, May 11th will be "Enriching through Words" and will feature word related puzzle activities as well as the always popular "Stories with Beth."

Wednesday, May 12th highlights "Enriching through Relationships" which will entail our residents and staff enjoying an activity together.

Thursday, May 13th is "enrichment through Music" and will feature live entertainment.

Friday, May 14th is "enrichment through Images" and will feature activities related to photography.

For more information on any of these programs you can contact Terry Shear from the Enrichment Department at 419-825-1145.



## Karen's Corner by Karen Nees, Administrator/ Social Services

May 15th is National Chocolate Chip Day. One of the most popular uses of the chocolate chip is the chocolate chip cookie. Can you imagine where we would be if it weren't for a Massachusetts innkeeper named Ruth Wakefield?

Ruth and her husband purchased a Cape Cod style inn called Toll House on the outskirts of Whitman, MA, and also opened a lodge on the premises, calling it the Toll House Inn. The inn served traditional colonial fare with Ruth doing all of the baking. One day in 1937, Ruth was making some butter drop cookies and discovered she did not have any of the bakers chocolate that was required in the recipe. So, she decided to chop a Nestles chocolate bar that she had on hand into pieces and add it to her dough expecting it to melt during baking. Instead, the chocolate pieces held onto their shape and maintained a soft texture. This new cookie became very popular in the inn. Ruth's recipe was published in newspapers throughout New England, and the sales of Nestle Chocolate bars skyrocketed.

Ruth eventually went to the Nestle company and reached an agreement that allowed the company to print what would eventually become known as the "Toll House Cookie" recipe on every wrapper of the semi sweet chocolate bar, and in return, Ruth received a lifetime supply of the chocolate. In 1939, Nestle introduced the Nestle Toll House Real Semi-Sweet Chocolate Morsels which are now commonly referred to as chocolate chips.

Chocolate chip cookies are the state cookie of Massachusetts and Pennsylvania.

## National Nurse's Week

May 6th thru May 12th is National Nurse's Week. Each year we use this time to celebrate all of the great things our nurses do for our residents. We appreciate all of the special attention and care they provide to our residents each and every day of the year!



## Finding Your Inner Chef by Chef Stacey

You may have come across a recipe or two that calls for you to "pound" or flatten your meat into cutlets. Have you ever wondered what the reasoning behind that is?

Cutlets are boneless cuts of meat or poultry that have been pounded flat to produce a thin cut of meat that cooks quickly and evenly. The pounding also breaks down the connective tissue of the meat producing a more tender cut. Most cutlets are pounded down to about a quarter of an inch thick. Even if your beginning piece of meat is several different thicknesses, it will be the same thickness when you are finished.

To begin, place a piece of parchment paper or butcher paper on a cutting board or any hard work surface. Place your piece of meat on the paper and then cover it with another piece of parchment paper.

You can use a meat mallet or rolling pin to begin gently pounding the piece of meat. Continue pounding until it is about 1/4 of an inch thick throughout.

Once you are finished your cutlets are ready for preparation. As they are thin, they will cook very quickly. Sautéing, grilling or broiling are the best methods for cooking your cutlets. It is important to not overcook your cutlets, as they will dry out very quickly.

Cutlets are typically used in scaloppini and piccata recipes. When done correctly they will be golden brown on the outside and moist and tender on the inside.

### CHICKEN POMODORA

2 boneless skinless chicken breasts, pounded into cutlets

Salt & Pepper

Flour

2 T vegetable oil

1/4 c vodka

1/2 c chicken broth

2 T fresh lemon juice

1/2 c chopped tomato

2 T heavy cream

1/2 c sliced scallions

Season cutlets with salt & pepper then dust with flour. Coat a sauté pan with non-stick spray, add oil and heat over medium high. Sauté cutlets on both sides and then transfer them to a platter. Remove fat from pan and deglaze pan with vodka (away from heat). Return pan to heat and cook until vodka is almost all evaporated. Add broth and lemon juice to pan. Return cutlets to pan and cook on each side for one minute. Remove chicken to a warm plate. Add heavy cream and tomatoes to pan. Heat through and pour over cutlets.

Deglazing is a cooking technique for removing and dissolving caramelized bits of food from a pan in order to make a pan sauce. When a piece of meat is roasted, pan fried or prepared in a pan with another form of dry heat, a deposit, is left at the bottom of the pan with any rendered fat. Usually, the meat is removed and the majority of the fat is poured off, leaving a small amount with the dried and caramelized meat juices. The pan is returned to the heat, and a liquid such as vegetable or meat stock, a spirit, or some wine, is added to act as a solvent. This allows the cook to scrape the dark spots from the bottom of the pan and dissolve them, creating a basic sauce.

## May Birthdays

The following residents & staff will be celebrating their birthdays throughout the month of May:



### Residents:

Raymond Martin	9th
Rose Coon	10th
Carolina Ruiz	26th
Barbara Miller	27th
Flossie Mossing	28th
Doris Crinks	28th
Nona Ray	29th
Edna Simon	31st

### Staff:

Lisa Mitchell	4th
Joni Kelley	5th
Terri Orange	10th
Richard Findlay	14th
Alice Bostelman	22nd
Sue Wyse	24th
Karen Warren	24th
Rachel Bacon	24th
Gordon Brown	25th

## May Anniversaries

The following staff members are celebrating the anniversaries of their employment during the month of May:

Tabbitha Mazur, STNA, 8 years

Dee Keough, RN, 5 years

Chris Alwood, STNA, 3 years

Gina Root, STNA, 2 years

Ashley Yevtich, STNA, 2 years

Rachel Bacon, LPN, 1 year

## Welcome, New Staff

We were happy to welcome the following staff into our family during the past month:

Susan Schwab, STNA



## Swanton Health Care & Retirement Center

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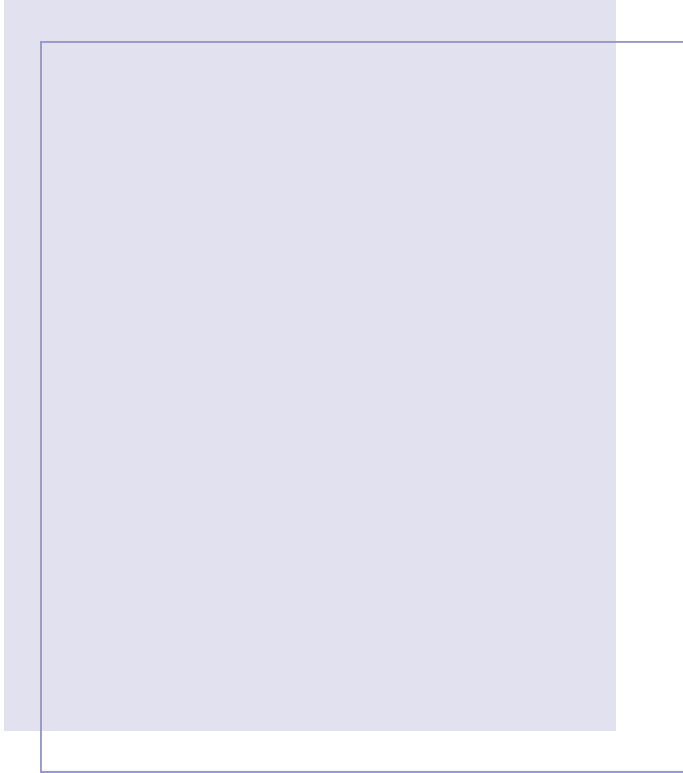
Swanton Health Care  
and Retirement Center

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We're on the Web!

[www.swantonhealthcare.com](http://www.swantonhealthcare.com)

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## A Memorial Day Poem

**The young dead soldiers do not speak.**

**Nevertheless they are heard in still houses: who has not heard them?**

**They have a silence that speaks for them at night and when the clock counts.**

**They say: We were young. We have died. Remember us.**

**They say: We have done what we could, but until it is finished, it is not done.**

**They say: We have given our lives, but until it is finished no one can know what our lives gave.**

**They say: Our deaths are not ours; they are yours; they will mean what you make them.**

**They say: Whether our lives and our deaths were for peace and a new hope or for nothing we cannot say, it is you who must say this.**

**They say: We leave you our deaths, give them their meaning, give them an end to the war and a true peace, give them a victory that ends war and a peace afterwards, give them their meaning.**

**We were young, they say. We have died. Remember us.**

**“The Young Dead Soldiers Do Not Speak”**

**Archibald MacLeish**

