



September 2023

Executive Director
"Capture the Moment"

September brings us together to celebrate National Assisted Living Week. Ocean Meadow is here to provide thorough care and sense of community to all of our residents. By celebrating National Assisted Living Week, it gives us a chance to recognize staff, volunteers and our local community that play a vital role in helping to make Ocean Meadow successful. September 10th through the 18th, the theme will be "Capture the Moment." If you happen to capture a moment while visiting our building, please be sure to share it with us! I will have a box in the front lobby for you to fill out a form and tuck into a box. If you happen to see a staff member going above and beyond, a resident caring for another or a moment of laughter between staff and residents - Capture that Moment!!

Mary Ellen

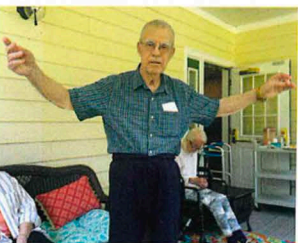
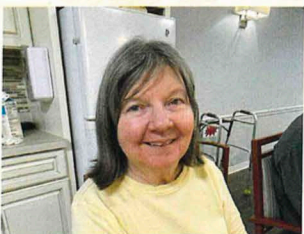


Director of Admissions / Service Coordinator

Hi everyone! It is time to bid farewell to summer 2023. I hope all Ocean Meadow family teachers and students that are heading back to school have a happy and successful year ahead!

With August being National Grief Awareness Month, I wanted to bring your attention to a local resource that may be of interest to you or your family. There is a dementia caregiver support group that meets regularly the first Monday of each month in the Mystic Congregational Church Library on Willow St in Mystic. It is held from 11am-12pm, and led by Elena Schjavland, PhD, APRN. If you are interested in attending, send an email to the facilitator at keys2care@msn.com.

Erin



Director of Food Services

- Iced Box Cake
- 2 Packages of vanilla pudding
- 2 Packages of chocolate pudding
- 1 Package of lady fingers cookies
- 4 Bananas peeled
- 8 Cups of cold milk
- 1/2 Cup of graham cracker crumbs

Make vanilla and chocolate pudding. Line a 9x13 pan with lady finger cookies. Pour chocolate pudding over lady fingers. Place SLICED BANANAS OVER PUDDING. Apply another layer of lady finger cookies over the bananas. Next, pour vanilla pudding over the cookies. Place another layer of sliced bananas over the vanilla pudding. Finally, sprinkle graham cracker crumbs on top. Refrigerate for 1 hour.

Garnish with a mint sprig, a dollop of whipped cream, and a slice of banana! Enjoy ~ Cheryl

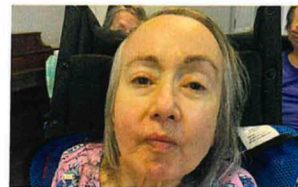


HAPPY BIRTHDAY!

Happy Birthday to the following:

- Eleanor B 9/1
- Nick P 9/1
- Suzanne L 9/2
- Charlotte M 9/2
- Larry B 9/5
- Gene T 9/17
- Nancy L 9/28

Have a wonderful day!



Resident of the Month



Congratulations Pat on being our Resident Spotlight of the month! We look forward to sharing your story this month!



A very happy 100th birthday to Jackie who turned 100 on August 24th!



Hello all!

I hope everyone had a relaxing and enjoyable summer. With Fall upon us, we are planning many different seasonable activities for your loved ones to enjoy. From baking scrumptious pumpkin chocolate chip cookies (my mother-in-law's secret recipe) and baking mini apple pies, to carving and decorating pumpkins, there will be plenty of activities to keep us busy. Adding to the mix, we will have our wonderful selection of musicians coming in to sing for us, plenty of crafting to be done, and don't forget about good ol' BINGO! Stop by anytime to join your loved ones at our activities, as they would love to have you there! We will also be having a "Family and Staff Fall Bake-Off" in October! Details to follow.

Debbie

