



OCEAN MEADOW

MEMORY CARE

91 E Main Street • Clinton, CT 06413 • 860-669-9300



November 2023

Executive Director The Looking Glass Project

I recently emailed families about the Looking Glass Project. It's an awesome way to preserve your loved one's narrative. A document that can be passed down to future family members about their forefathers/mothers.

"The Looking Glass Project" is a new initiative by the National Alzheimer's Buddies Association that pairs Yale students with dementia patients and their families to craft detailed narratives of their patients' lives. The entire process - consisting of interviews, drafts reviews, and finalizations - will take around 2-3 weeks and will result in a narrative celebrating the rich lives of the patients. To learn more about the Project and sign up for a matching student, please refer to the following form by **November 15th, 2023.**

<https://tinyurl.com/lgpfall2023>



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll. Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick. Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout. If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital. Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on. Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

Prep for plants. If you have a community garden or your own container garden, planting perennial flower bulbs and tasks such as weeding will help you look forward to spring.



Director of Admissions & Marketing / Service Coordinator

Hello everyone! I hope you're enjoying your shoreline Fall. A few reminders...When visiting your loved ones, please stop by and pick up any accumulating mail. Personal cards, newspapers, etc., are provided to the resident, however, any bills/formal mailings are collected for the POAs. Our hairdresser, Johanna, has started visiting the community every Thursday. Please reach out to me directly if you have any questions or would like to schedule an appointment. Payment must be provided the Tuesday before her visit, and the client list is in order of when payments are received, in an effort to keep the schedule fair. If your loved one isn't seen for any reason on the hairdressing day, rest assured that your payment is with me and has not been provided to Johanna until the appointment takes place. I can be reached anytime at erin@oceanmeadowSL.com. Stay well!
Erin



Pumpkin Pie

Crust:
1/1/3 cups All Purpose Flour
1/2 tsp Salt
1/3 cup Vegetable Oil
2 Tbsp Cold Water

Filling:
2 Eggs
1/2 cup Sugar
1/2 tsp Salt
1/2 tsp Cinnamon
1/2 tsp Ginger
1/2 tsp Cloves
1 Can Pumpkin
1 Can Evaporated Milk

Mix all ingredients for the pan pastry with a fork until all the ingredients are combined and make into a ball. Press in the bottom and up the sides of a 9-inch pie plate.

In another bowl, mix all the ingredients for the filling until completely combined. Pour into the pastry shell.

In a preheated 425 degree oven; bake the pie for 15 minutes. Next, lower the temperature to 350 degrees for another 45 minutes.

Let the pie completely cool, then garnish with fresh whipping cream and a mint sprig. Serve and enjoy!

Cheryl



Happy Birthday to the following residents ~
Betty R., November 10th
Cynthia H., November 28th
Enjoy your day!



Activities Department
Happy November!

With a great fun-filled month of October behind us, we look forward to the many things that will keep us busy in November. What says "November" more than Pumpkin Pie? We had a great time making our mini Apple Pies, so we keep the theme by making mini Pumpkin Pies, Apple Spice Cake, Sweet Potato Cookies, and Pumpkin Blondies in our kitchen on the main level, so we can enjoy the aromatics and recall sweet memories with the residents of cooking in their own kitchens. Stop in anytime to enjoy our musicians, sit around and play Bingo, or enjoy a Sing Along. Happy Thanksgiving!

Debbie

