



OCEAN MEADOW  
MEMORY CARE

February 2026



*Doreen Converse*  
**Director of Operations**  
**doreen@oceanmeadowSL.com**



*Happy February Everyone!*

*Who doesn't love February ?? the month of Valentine's Day and Love!! I do !!! Well, it looks like six more weeks of winter. Groundhog Punxsutawney Phil saw his shadow on February 2. We also celebrate American Heart Month and Presidents' Day in February. We have some staff birthdays this month, including Maddie A., Lillie C., and Nicole G. Happy Birthday! I know we have some Super Bowl fans at Ocean Meadow. Who will win, the New England Patriots or the Seattle Seahawks?*

**Look Who's Been Spotted!**

*Sam, LPN*



Sam has been at Ocean Meadow since October 2023. You can see Sam throughout the building with her smile and gentle ways that put our Residents at ease. Sam brings to the table, her knowledge, her compassion, and her dedication that makes her this month's "You've Been Spotted" winner!

**THANK YOU, SAM, FOR ALL THAT YOU DO!!**

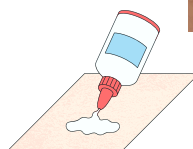
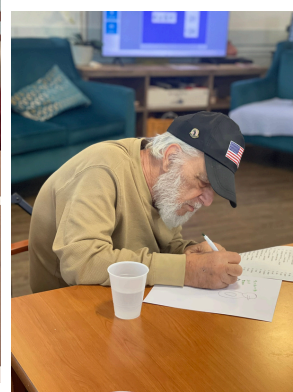
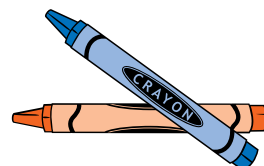
*Lisa Maratta*  
**Director of Nursing**  
**Lisa@oceanmeadowsl.com**



*Dear families,*

*We appreciate all your support and effort to ensure continuity of care of our Residents regarding providing arrangements and transportation to outside medical provider appointments. Whenever you are scheduling any type of medical procedure, we need to know this information ahead of time so that we can arrange the appropriate clinical follow up. We would like to have some discussion with the provider prior to the procedure so that we are prepared to care for the*

*Resident upon their return.  
Thank you for understanding.*



*Fun Around the Building*



*Erin Soucy*  
**Director of Marketing**  
**Service Coordinator**  
**Erin@oceanmeadowsl.com**

*As we come out of open enrollment season, this is a reminder to please provide copies of your loved one's new insurance cards—especially if things have changed. We can make copies for you at the community, or you can text me a picture to 774-571-3800! At any time, I can also provide you a copy of your loved one's face sheet, for you to confirm accuracy of insurance, emergency contacts, etc. I hope you have a wonderful month!*

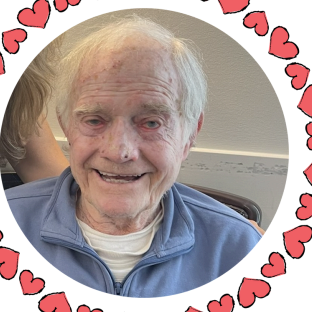
# Happy Birthday

*Happy Birthday*  
*Reggie W, Muriel M, Dave H and*  
*Budd W!*

*Enjoy your Special Day!*

Welcome to the following  
 New Residents!

Shirley L, Bill C, Bert M and  
 Tony D!



Welcome

Highlights this month:

# Activity Director Debbie Williams



*Happy Valentines Day!  
Hope everyone is doing well this wintry season!*

I would like to send a reminder about Family Recipes. We would love to recreate a special family recipe that your loved ones enjoyed and share it with all of our Residents to try. It would be great for all of us; to sample a taste from a different country, culture, and learn about the ingredients in it, and what makes the dish so special! Send it to me at [dwilliams@oceanmeadowsl.com](mailto:dwilliams@oceanmeadowsl.com)



2/6 Olympic Games and Opening Ceremonies  
2/8 Superbowl Party  
2/13 Valentine Party  
2/17 Mardi Gras Party  
Live Music on:  
12/6, 12/10, 12/20 and 12/23!  
Join Us!



## Dining Operations Assistant Jane O'Connor



Let's talk about brain health and the best foods for your brain! (I found this article from the New York Times, The MIND diet).

Experts think the foods included in the MIND diet are especially good for the brain because they contain certain macro- and micronutrients and help to fight inflammation and oxidative stress, both of which can damage cells and are linked to Dementia.

Let's try some tasty foods and regulate them into our daily diet:

- Blueberries on yogurt
- Walnuts on oatmeal
- Spinach in eggs
- Berry Smoothie
- Whole grain bread
- Salad with canned tuna or chickpeas
- Olive Oil Vinaigrette
- Salmon instead of steak
- Add beans to soups
- Cook with olive oil instead of butter
- Brown rice
- Mixed nuts

People benefit from the diet regardless of whether they start in mid or late life. I will surely incorporate more of these healthy options in our meal prep.

If we can have healthier meals, we can still eat chocolate chip cookies, right??

My Mom's spinach/cheese squares:

Melt ¼ lb butter in 9x13 pan as oven is heating. In a bowl, beat 3 eggs; add 1c flour, 1c milk, 1tsp salt, 1 tsp baking powder. Add 1lb of grated cheddar, 4c spinach and mix. Remove pan from oven and evenly spread mixture over melted butter. Bake at 350 for 35 minutes.

~Jane~

