

# Currents at The Cove

Sunapee Cove Assisted Living & Memory Care Community 1250 Route 11 Sunapee, NH 03782  
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**NOTICE: COVID  
Booster Clinic for  
Residents & Staff  
Tuesday, May 17<sup>th</sup> from  
9:00 am to 12:00 pm.**

**Mim's "WRA's"  
(a.k.a. Ginger Snaps)**

## **Ingredients:**

**¾ C. Butter  
1 C. Sugar  
4 T. Molasses  
1 Egg  
1 t. Cloves  
1 t. Ginger  
1 t. Cinnamon  
2 t. Baking Soda  
2 t. Flour**

**Cream butter + sugar +  
mix— Add molasses,  
egg + spices. Add  
baking soda + flour.  
Chill wrapped in wax  
paper. Roll into small  
balls. Bake at 375 for  
about 10 minutes.  
Bake until slightly  
brown on edges.**

## **Baking With a Purpose**

With welcome input from our residents and some family members, we have decided to implement some new activity programs. One of those is "Cookin' at The Cove." Using favorite recipes of our residents, the residents and Peg will do the prep work in our 3<sup>rd</sup> Floor Country Kitchen and then bring it down to the main kitchen for cooking. The residents will be able to enjoy the fruits of their labor for desserts and/or for snacks at Happy Hour.

Once we really get into the swing of things, we will get more ambitious and generate enough creations to hold a bake sale. The proceeds of which, will be donated to a charitable cause of the residents' choosing.

Our first project will be making a favorite family recipe of our resident, Mim. Her ginger snaps are called, "WRA's" and there is a fun story behind the name. Ask her about it, the next time that you visit The Cove! 😊

Note: Please see the recipe for Mim's "WRA's" in the left-hand column.

Enjoy!! 😊

## Resident Spot-Light on Frank Weeks! 😊

Frank was born and raised in Waterville, Maine. He lived there until he was 17 years old. World War II was going on, so he left to join the Navy. He served for 3 years. After that, he went to Cornell University and earned his Masters degree in Electrical Engineering. He worked at General Electric for a year and a half in the Test Engineers Program. He decided to take some time off and travel. He lived most of his adult life in Topsfield, MA where he married his wife, Patricia, who was a Physician. They raised two daughters, Loren & Lesley. They LOVED going on cruises together! Frank enjoyed a record number of 131 cruises over the years! Frank went back to work at GE and worked there for 30 years in various programs. In his work life he is most proud of his work on Propulsion Machinery for the Navy, relative to submarines and air-craft carriers. In his personal life, he is most proud of the ability to have



fun embarrassing his daughters. His favorite way to do so was when they went shopping and he would stop and talk to the mannequins.

About 25 years ago, his wife, Patricia passed and then he moved to Contoocock, NH; where is lived until moving to The Cove. Ask him sometime how he and Mim met. It is a lovely story... 😊

Employee of the Month for May is: Tiffany Sykes!! 😊

Here is what some of her co-workers had to say:

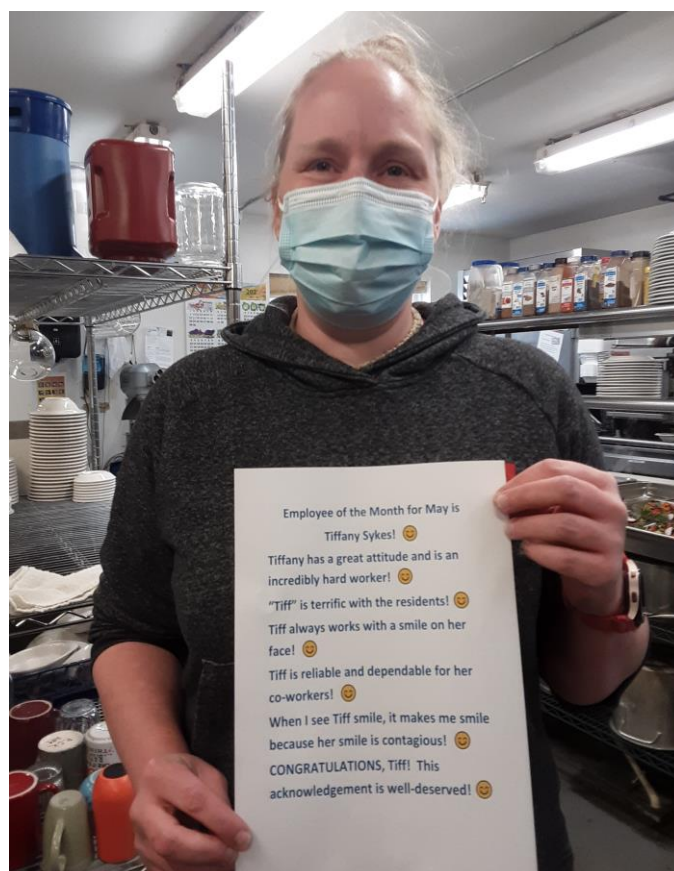
Tiffany has a great attitude and is an incredibly hard worker! 😊  
“Tiff” is terrific with the residents! 😊

Tiff always works with a smile on her face! 😊

Tiff is reliable and dependable for her co-workers! 😊

When I see Tiff smile, it makes me smile because her smile is contagious! 😊

CONGRATULATIONS, Tiff! This acknowledgement is well-deserved! 😊



## More New Activity Programs!

At the Residents' Monthly Meeting, the residents offer suggestions and ideas about fun activities that they would like to have incorporated into the activities calendar. One such idea was to have a putting green available. To that end, Peg found a putting green that also serves as a shuffle board court. In addition to the putters, we also have new badminton rackets and shuttle-cocks and we will soon be getting a free-standing net. The good ol' corn-hole toss game is still a favorite of the residents, so it might be a challenge trying to squeeze everything into a week's calendar! 😊 😊

Now that the weather has warmed up, we have been availing ourselves of it and taking field trips to places of interest to the residents. Our recent field trips have included visits to: the NH Telephone Museum, the Hood Museum of Art at Dartmouth College and the Simon Pearce Glass-blowing Workshop.



## Coming in June...

In our June newsletter, look for excerpts from the local paper, the InterTown Record. Two of the recent issues feature interviews with Tammy Hayward, our Memory Care Program Director and Michelle Boiardi, our Regional Director of Cognitive Health for HallKeen Management.

In the articles, Michelle's pilot program, "Touchstone" is introduced and discussed. Michelle chose the name because the definition of touchstone is the standard by which something is measured. More on that soon, as we roll out the "Touchstone" pilot program at Sunapee Cove...

Also, in June—Please join us for the "Longest Day" for a fundraiser and awareness event to support the Alzheimer's Association. This will be done on or around the Summer Solstice which is the longest day of the year...

