

# Currents at The Cove

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Thank you, Nick for this wonderful MIND Diet Recipe to enjoy! 😊

## Salmon & spinach with tartare cream



### Ingredients

- 1 tsp sunflower or vegetable oil
- 2 skinless salmon fillets
- 250g bag spinach
- 2 tbsp reduced-fat crème fraîche
- juice ½ lemon
- 1 tsp caper, drained
- 2 tbsp flat-leaf parsley, chopped
- lemon wedges, to serve

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## Touchstone

BY HALLKEEN ASSISTED LIVING COMMUNITIES

### Touchstone Cognitive Health Overview

**Touchstone: A standard or criterion by which something is judged or recognized.**

**Touchstone is a method designed to positively influence all aspects of our resident's daily life. It is evidence based, incorporating principles and protocols from the MIND Diet, Montessori educational principles, Cognitive Strengthening Therapy and numerous studies that indicate how the inclusion of purpose, meaning, gratitude, socialization, laughter, and exercise can positively affect physical and emotional health and well-being.**

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## Resident Spotlight on Theresia Jones

Theresia was born and raised in Nackenheim, Germany—which is on the Rhine River. She was one of six children. She met Bobby Luker while he was in the military and was stationed in Germany. They married and moved to Oklahoma in 1953. They had a son and a daughter, but unfortunately, they are both deceased now. She later married Robert Jones and lived in Olympia, Washington for 43 years. She has 3 granddaughters and a great grandson. One of her daughters lives in Vermont and that is why she came to live here at Sunapee Cove.

Theresia has always loved to garden. She tended flower gardens as well as vegetables. She also loves animals of all kinds!

As a child, Theresia's Papa taught his children to how to ballroom dance at home. Once they became Teenagers, Papa and Mama



accompanied them to the adult ballroom dances. While living in Olympia, Washington Theresia went ballroom dancing to live music, every Wednesday night. She did this right up until the COVID pandemic hit in the year 2020. Her favorite ballroom dance is the German Waltz. Ask her to show you sometime... 😊

# Employee of the Month for February is

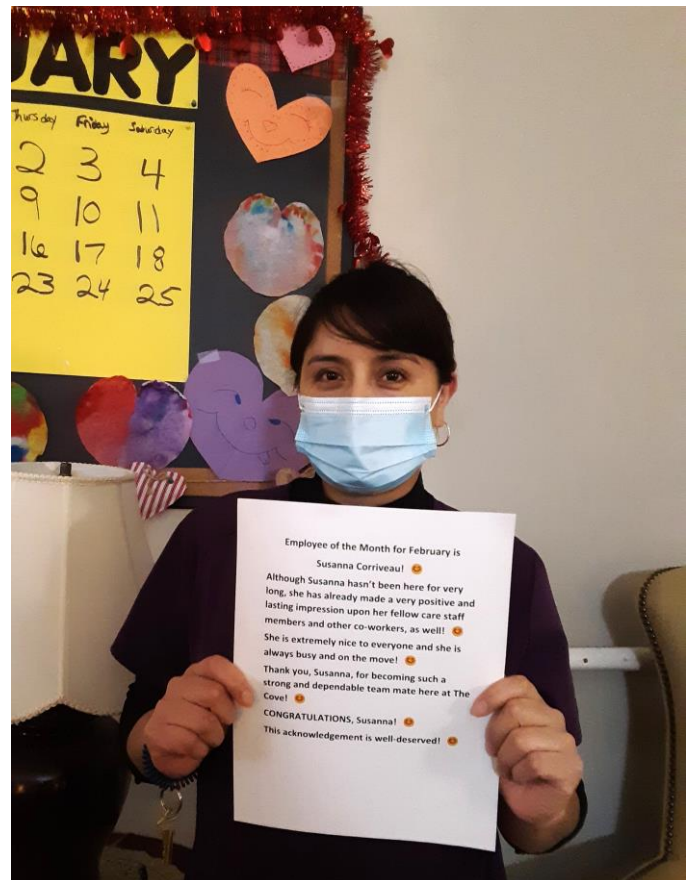
**Susanna Corriveau!** 😊

Although Susanna hasn't been here for very long, she has already made a very positive and lasting impression upon her fellow care staff members and other co-workers, as well! 😊

She is extremely nice to everyone and she is always busy and on the move! 😊

Thank you, Susanna, for becoming such a strong and dependable team mate here at The Cove! 😊

**CONGRATULATIONS, Susanna!** 😊  
This acknowledgement is well-deserved! 😊



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**Touchstone itself has a specific protocol involving an educational component for residents, staff and families, followed by various Touchstone choices identified by icons on menus and activity calendars.**

**Touchstone is designed in such a way as to incorporate a resident's ability to choose and to actively participate in opportunities that could enhance the quality of life and time.**

**Additionally, implementing Touchstone method provides families, guests and visitors with a vehicle to engage meaningfully with their loved one and contributes to a successful visit.**

**Touchstone was developed by Michelle Boiardi, Director of Cognitive Health with HallKeen Assisted Living Communities, as a highly beneficial approach to elevating the lives of those facing cognitive issues. Michelle has more than 22 years' experience in direct care and managing memory units at some of the area's best residential facilities. She has trained with the nation's leading dementia care authorities and has**

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**STEP 1: Heat the oil in a pan, season the salmon on both sides, then fry for 4 mins each side until golden and the flesh flakes easily. Leave to rest on a plate while you cook the spinach.**

**STEP 2: Tip the leaves into the hot pan, season well, then cover and leave to wilt for 1 min, stirring once or twice. Spoon the spinach onto plates, then top with the salmon. Gently heat the crème fraîche in the pan with a squeeze of the lemon juice, the capers and parsley, then season to taste. Be careful not to let it boil. Spoon the sauce over the fish, then serve with lemon wedges.**

**traveled throughout Eastern Massachusetts providing presentations, special events and training programs and promoting cognitive health. Michelle is a Certified Dementia Practitioner (CDP), a Certified Alzheimer's Disease and Dementia Care Trainer (CADDCT) and Certified Montessori Dementia Care Practitioner (CMDCP). She has also earned a Foundation for Wellness Certificate from ICAA (International Council on Active Aging).**