

# Currents at The Cove

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## HOME VISITS FOR HEALTHCARE

An exciting, new outside care provider will be offering primary care services at Sunapee Cove in the immediate future. Vantage Health Care will provide in-house primary care services on a weekly basis, likely by the beginning of February. Vantage Healthcare professionals either an MD, RA or RN will be visiting residents here at Sunapee Cove. There is no added cost to this service. However, it would require you to switch from your current primary care physician to a Vantage Healthcare professional. Your co-pays should be no different than your current costs. Of course, if you want to stay with your current doctor, you don't have to change. If you're interested in learning more about Vantage Healthcare, you can contact Peter Yates at Vantage Healthcare at [pyates@vantagehcs.com](mailto:pyates@vantagehcs.com) or at (978)479-8680. Residents can enroll at [www.myvantagehcs.com](http://www.myvantagehcs.com) or can complete a paper application which is available at our first floor Wellness Nurse Clinic. Sunapee Cove is not affiliated with Vantage Healthcare. Their service is simply offered as an attractive option.

## Attitude of Gratitude! 😊

This month, we are celebrating Gratitude and its importance in maintaining good physical and emotional health.

Professor Robert Emmons, Founding Editor-in-Chief of *The Journal of Positive Psychology*, defines gratitude as “a felt sense of wonder, thankfulness, and appreciation of life.” Both gratitude and social connectedness play a role in creating happiness. This is fact-based. Studies have shown that having a happy perspective can contribute to disease prevention (think stress reduction, improvement in blood pressure, better sleeping habits, etc...) and overall well-being. To that end, we are honing our gratitude skills with various projects, such as starting to keep Gratitude Journals and actively sharing with others, the things and the people for which & for whom we are grateful.

And by the way, I am extremely grateful that I have found a vocation whereas I get to do recreational activities with my favorite population on earth—Senior Citizens! 😊

Gratitude is a sort of laughter of the heart.  
~David Brooks, Columnist

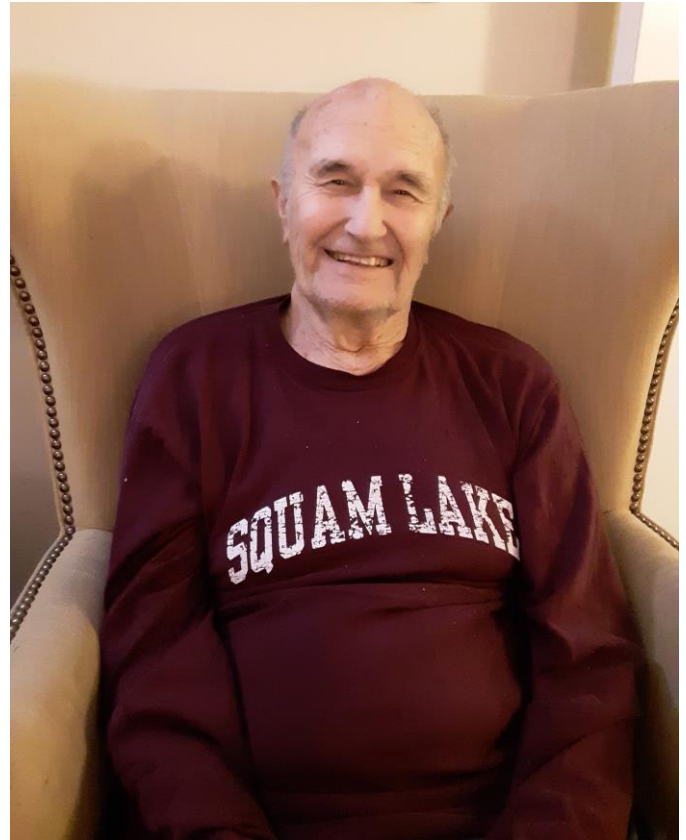
## Resident Spotlight is Warrant Kegerreis! 😊

Warren was born and raised in Salamaca, NY which is in upstate New York. He graduated from Princeton University with a business degree. After graduation, he met his future wife, Nancy, while vacationing in Florida. They have two children—a daughter named Sharon and a son named Matthew. Long before the children came along, they purchased a camp on Lake Sunapee. For many years, they have enjoyed the rest and relaxation that the camp affords them.

For most of Warren's career, he worked at Proctor Gamble in their Sales & Marketing Division. During those years, the family lived in northern New Jersey.

When asked what he is most proud of during his career, Warren replied, "I survived!!" He said this while laughing hysterically; which is a great example of his wonderful sense of humor. When asked what he is most proud of in his personal life, he replied that he is very proud of his two terrific kids and his wonderful wife.

Thank you, Warren, for being such a



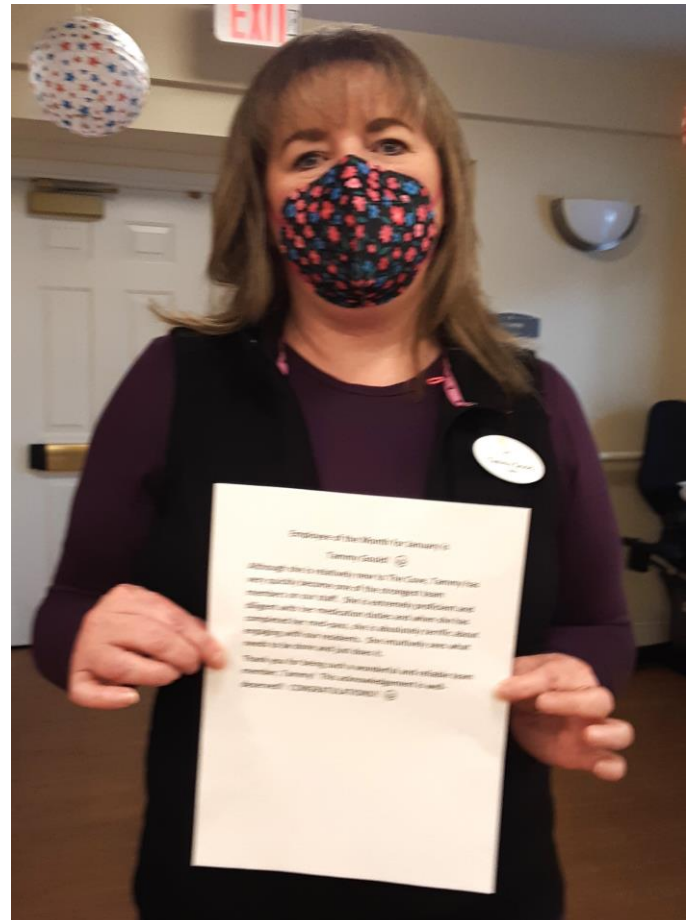
happy-go-lucky member of our community. You are quick to smile and your smile lights up a room! 😊

**Employee of the Month for  
January is: Tammy Gould! 😊**

Although she is relatively new to The Cove, Tammy has very quickly become one of the strongest team members on our staff. She is extremely proficient and diligent with her medication duties and when she has completed her med-pass, she is absolutely terrific about engaging with our residents. She intuitively sees what needs to be done and just does it.

Thank you for being such a wonderful and reliable team member, Tammy! This acknowledgement is well-deserved!!

**CONGRATULATIONS!! 😊**



**Manager/Director of the First Quarter is: Melissa D'Angelo! 😊**

**Melissa has done it again! First, she proved what a star she is as our Lead L.N.A., by being our first ever Employee of the Month recipient. Now she has continued to shine through in her position as Assistant Resident Care Director, that she was promoted to in 2022!**

**😊 Words simply cannot convey how much Melissa means to all of us at The Cove. Ask any resident or any staff member—"Who is one of the best?" And most will respond, "Melissa!"**

**Thank you, Melissa, for all of your years of putting your heart and soul into everything that you do in our community!! It is very much appreciated!! This recognition is well-deserved!!**

**CONGRATULATIONS!!! 😊**



