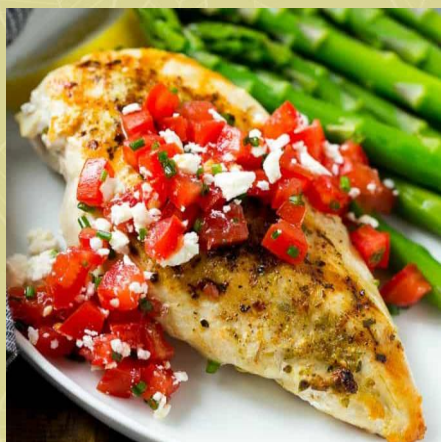


Currents at The Cove

Sunapee Cove Assisted Living & Memory Care Community 1250 Route 11 Sunapee, NH 03782
Phone: (603)763-0566 Fax: (603)763-0564 www.SunapeeCove.com



MIND Diet Mediterranean Chicken

Ingredients:

- **1 lb. Boneless Skinless Chicken Breasts**
- **3 Tbsp Olive Oil
Divided 2:1**
- **Salt and Pepper to taste**
- **1 Tsp Minced Garlic**
- **1 Tsp Italian Seasoning**
- **1 Cup Diced Tomatoes**
- **¼ Cup Crumbled Feta Cheese**
- **2 Tbsp Chopped Fresh Herbs such as chives, parsley or green onion**

(Continued on Page 4.)

Introducing Our New Business Office Manager, Lynn Poston!



I was born in Connecticut. Growing up, we always vacationed in New Hampshire, in the Lake Sunapee area, and then one year my family decided to move here when I was a sophomore in high school. I graduated from Kearsarge Regional High School in 1981. I have an Associate's degree in Accounting from Hesser College. I have been married since 1984. I have one son who is married
(Continued on Page 3.)

Resident Spotlight on

Doria Pearl Bowen

Doria was born in Merthyr Tydfil in south Wales, Great Britain. While she was still a baby, her father accepted a job and the family moved to London, England. As a child, she got to see Shirley Temple at the cinema in London, which was very exciting! Around that time however, Germany bombed London and then England declared war against Germany. When their own home got bombed, Doria and her mother moved back to Wales and lived with her maternal grandmother. Her father remained in London. He was the Air Raid Warden for the district, but then he resigned his post in order to join the Royal Air Force. This lasted for five years and then Doria and her mother were able to rejoin her father in London.

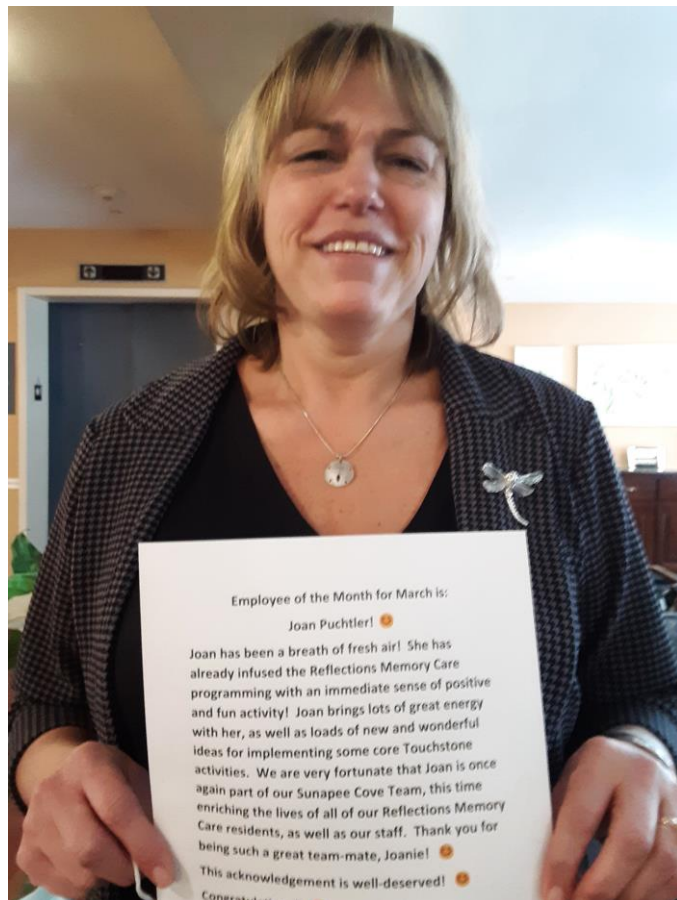
Doria attended business college in London. While there, she met an American woman who suggested that Doria apply for a job at the American Embassy after graduation. Doria did so and with the woman's recommendation, she got a job.

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**Employee of the Month for March
is: Joan Puchtler! 😊**

Joan has been a breath of fresh air! She has already infused the Reflections Memory Care programming with an immediate sense of positive and fun activity! Joan brings lots of great energy with her, as well as loads of new and wonderful ideas for implementing some core Touchstone activities. We are very fortunate that Joan is once again part of our Sunapee Cove Team, this time enriching the lives of all of our Reflections Memory Care residents, as well as our staff. Thank you for being such a great team-mate, Joanie! 😊 This acknowledgement is well-deserved! 😊 Congratulations!! 😊



Coming in the April Newsletter:

A proper write-up and photos of two of our MOST OUTSTANDING Team Members: Denise MacDonald & Christine Wiest!! They were each awarded with the “Service to One Another” Award at the HallKeen Assisted Living Communities Annual Awards Luncheon!! 😊 CONGRATULATIONS, to Denise & to Christine!! 😊 This acknowledgement and honor is well-deserved!! 😊



(Continued from Page 2.)

Doria's future husband, Stephen, was in the United States Air Force and was sent to the London area for about 3 months. During that time, he and Doria were set up on a blind date. Seventeen months later, they got married. Initially, they lived in Framingham, MA where their daughter, Karen was born. After Stephen retired from the Air Force, he went back to college. Upon getting his degree, he was offered a job in Hanover, NH. The family moved to that area and lived in N. Hartland, VT. At that time, their son, Greg, was born. They later bought a house in W. Lebanon, NH where they lived for 31 years.

In her professional work life, Doria is most proud of the decade or so that she worked at the American Embassy in London, England. In her personal life, she is most proud of raising and educating two amazing children and also of all the volunteering that she did throughout their school years.

Thank you, Doria, for being such a sweetly smiling and interesting member of our community! 😊

Mediterranean Chicken MIND Diet Recipe Continued from Page 1.



Instructions

1. Place the 2 tablespoons of olive oil, 2 tablespoons of lemon juice, 2 tablespoons of water, salt and pepper to taste, garlic and Italian seasoning in a resealable plastic bag.
2. Add the chicken; seal and shake to coat.
3. Marinate in the refrigerator for at least 30 minutes or up to 4 hours.
4. Heat the remaining teaspoon of olive oil in a pan over medium heat.
5. Remove the chicken from the marinade and add to the pan.
6. Cook for 5-7 minutes on each side or until done.
7. While the chicken is cooking, stir together the tomatoes, feta cheese and herbs. Add salt and pepper to taste.
8. Spoon the tomato mixture over the chicken and serve.