

Currents at The Cove

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Nick's MIND Diet Recipe for May:

Sriracha Shrimp with Zoodles

Ingredients:

- 1 small zucchini
- 1 small yellow/summer squash
- 1 tsp olive oil
- ½ sweet onion, thinly sliced
- 1 tsp fresh garlic, minced
- 1 tsp fresh ginger, grated
- 1 dozen raw shrimp, peeled
- 1-2 tsp sriracha sauce

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Introducing our new Executive Director, Amy Rauert

Amy has more than 30 years' experience in New Hampshire healthcare and has lived here her entire life. She started her healthcare career while in high school, where she became a Licensed Nursing Assistant and continued following the nursing path. She has been a nurse for over 30 years serving seniors. She comes to us with a Bachelor of Science degree in nursing from Southern NH University, as a Registered Nurse. She also holds a gerontological nursing board certification, a certified geriatric nurse and is a certified dementia practitioner. Before coming to

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Resident Spotlight on Barbara Hastings

Barbara was born in 1929 in Plainfield, Vermont and was raised with her brother and two cousins by her beloved Grandmother. While in high school, she left at 1:00 pm in order to be the caregiver for a self-described “exasperating” little girl. Barbara always got a kick out of hearing the little girl say that! After graduating from high school in Montpelier, Vermont, Barbara went to work for the State of Vermont Treasury Department. While working there, she met her future husband, Bert. Bert worked at National Life, nearby. They married in 1951 when Barbara was 22 years old and they lived in Montpelier. In 1955, they moved to Northfield, VT and lived there until they moved to Sunapee Cove. They enjoyed 66 years of married life together, just loving and appreciating each other, until Bert passed. They enjoyed being “snowbirds” after retirement and spent their winters in Vero Beach, FL. Together, they raised 4 wonderful daughters, Cheryl, Brenda, Dawn and Pam. Barbara also has 12 grandchildren and 15 great-grandchildren. Later in life, Barbara worked at the Northfield High School Library and then went on to work at the library at



Norwich University in Northfield, VT until retirement.

Barbara has always loved Vermont and all of its beautiful covered bridges. She was very involved in her church, The United Church of Northfield. She has been an amazing knitter and cook and LOVES playing Bingo!



Employee of the Month of May is Kathleen Wilson, LPN!

Kathleen is a Licensed Practical Nurse and is our Charge Nurse. She is one of the original Sunapee Cove Team Members and has been here for 8 years. Thank you for all of your time and dedication and devotion that you have shown to our beloved residents and to your colleagues and co-workers. You were one of our very first Employee of the Month recipients and it is very fitting that you are once again receiving this well-deserved acknowledgement! Thank you for being such a strong and committed member of our team here at The Cove! CONGRATULATIONS!!!



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Slice zucchini and squash in a spiralizer to make the noodles. If you don't own one, use a knife or mandolin to create the julienne-shape. Cut spiraled vegetable noodles into 4 to 6-inch pieces. In a large skillet or wok, heat olive oil over medium heat. Add onion, garlic, and ginger to oil and cook for about 3 minutes until onion softens. Add in shrimp, and cook until pink and opaque, about 5 minutes. Add in spiralized zucchini and squash to skillet, and cook for about 3 minutes to soften. Add in sriracha sauce and stir to coat.



Introducing our new Resident Care Director, Sandra McKenney

Sandra has more than 20 years' experience in New Hampshire and Vermont healthcare and has lived here her entire life. She started her healthcare career while in high school, working as a Resident Aide until she became a Licensed Nursing Assistant and continued following the nursing path. She has been a Registered Nurse for three years serving the elderly community. She comes to us with an Associates of Science degree in nursing from New Hampshire Technical Institute. She also holds a Person-Centered Care Dementia training certificate from [Alzheimers.org](https://www.alzheimers.org). Before coming to Sunapee Cove, she worked as a staff nurse, Clinical Coordinator and Resident Care Manager in Assisted Living. When she is not at work, you will find her at one sporting event or another, watching her kids play any one of the many sports they enjoy. A few activities that she enjoys are camping, gardening, cooking, mini-farming, and working around the yard with her partner.



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Sunapee Cove, she worked many years as an Administrator in Assisted Living. She strives to build and maintain relationships with residents, their families and employees. Amy has a “hands on” leadership style and a true passion for seniors. When she is not at work, she enjoys having time with her family. A few activities that she enjoys are beekeeping with her husband, gardening with her sons, and spending time doing outdoor activities.