

June 2023

Currents at The Cove

Sunapee Cove Assisted Living & Memory Care Community 1250 Route 11 Sunapee, NH 03782
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Milkweed Wanted...
We would love to have Monarch butterflies in our pollinator garden, but Monarchs will only eat milkweed and only lay their chrysalises on milkweed plants. So, before we can get some Monarchs for our garden, we will need some milkweed. Does anyone have any that could be dug up and transplanted into our garden? If so, then please contact Peg at PVanNorden@HallKeen.com or call her direct line at (603)763-1517.

Thanks so much for your help with this!
As always—if anyone would like to donate any plants, bat, butterfly or bird houses or anything that could be used for our growing pollinator garden, then it would be greatly appreciated!

The Longest Day Fundraiser to Find the Cure for Alzheimer's Disease

“The day with the most light is the day that we fight. The Longest Day is the day with the most light – the summer solstice. On June 21, people from across the world will fight the darkness of Alzheimer's through a fundraiser of their choice.” * The fight to end Alzheimer's is important to us. Therefore, we want to do a fundraiser here at Sunapee Cove. Between now and June 21st, it is our goal to raise \$500.00 in this fight to find a cure for Alzheimer's. If you would like to donate to this cause, then please write a check made payable to Alzheimer's Association. In the memo portion of your check, please write “for Longest Day/Sunapee Cove.” You can mail it to Sunapee Cove at 1250 Route 11 Sunapee, NH 03782. Attention: Longest Day Fundraiser Thank you, in advance, for your support of this fundraising effort.

SHINE A LIGHT ON ALZHEIMER'S*

Spread the word about The Longest Day on social media and shine a light on the fight against Alzheimer's. Use the hashtags #ENDALZ #TheLongestDay

(*Quoted verbiage from Registered Trademark of Alzheimer's Association.)

Resident Spotlight on Pauline “Polly” Laughlin

Pauline Laughlin, who likes to go by Polly, was born in 1935 in Gilford, New Hampshire. In the 1950s, Pauline was living in the North East Kingdom where she was a student at Lyndonville State College. She met her husband, Irving (Squirrel), at a ski resort named Mittersill Alpine Resort where they both worked. The couple was married in 1958 and settled in the Upper Valley in the early 1960s.

Polly has always loved to be around children and had 3 of her own - Mark, Ellen and Sue, who have blessed her with 4 grandchildren combined. She has been a staple to the Upper Valley in many ways. If you ask Polly what one of her most treasured accomplishments is she would say working at the Enfield Elementary School for over 40 years. Polly worked as a 4th grade teacher and her little friends were so fond of her. Many students still talk about her amazing field trips and her ability to teach in an inspired way. If you asked them, they would say “No one has inspired me like you did. It’s because of you that I have my passion for learning and have reached the heights I have. Thank you for being such an amazing teacher.”

Another great accomplishment is her work in the Community of Enfield. She volunteered many hours to help with Meals on Wheels and even helped served the community meals on Wednesday nights. She is known to

be a 4 pot of coffee kind of gal to keep up with all of her endeavors. She is one of the main reasons why the Enfield Community has a fast squad. Through volunteering she was able to put together a group of volunteers to implement the Emergency squad.

Now a days, you can find Polly relaxing Lake side or spending time with others. She is always willing and happy to lend a hand and share a joke or two. Once a week she enjoys visits with her son where they have “Pie with Polly.” Thank you for being a bright and vital member of our community! 😊



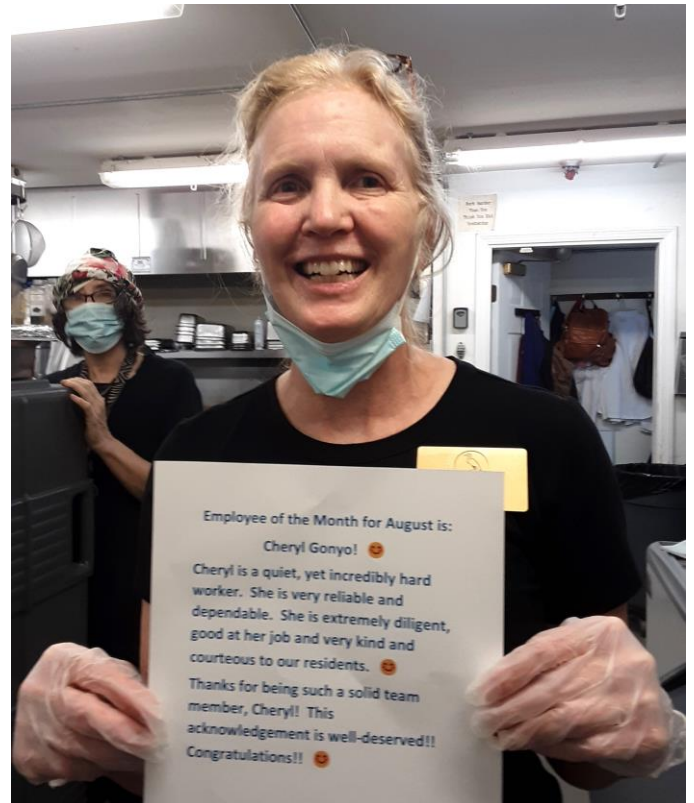


Employee of the Month of June is Cheryl Gonyo!

Cheryl is a quiet, yet incredibly hard worker. She is very reliable and dependable. She is great at her job, extremely diligent and very kind and courteous to our residents.

Thanks for being such a solid team member, Cheryl! This acknowledgement is well-deserved!! Congratulations!! 😊

Our open art workshop group that is being led by our resident, Diana, has been creating some really special artwork. Some of it is on display now and more will be soon. It is available for sale and proceeds will be used to purchase more paint for the group. So, the next time that you are here, please take a look and check it out. They would make a great gift or treat for yourself! By the way, donations of good quality water color paint are always welcomed by the group! We are planning on having an art showing of their works this summer. Look for more details in our July newsletter.



MIND Diet Recipe for June Greek Chicken Thighs with White Beans, Tomatoes & Artichokes

- 2 1/2 pounds skin-on, bone-in chicken thighs (about 6-8 thighs)
- Kosher salt and freshly ground black pepper
- 1 teaspoon dried oregano
- 3 cloves garlic, grated or minced
- 1 lemon, zested and cut into thin rounds
- 2 tablespoons olive oil
- 14 ounces of artichoke hearts cooked from fresh
- 2 15-ounce can white beans, drained and rinsed
- 2 cups of grape tomatoes
- 1/2 teaspoon red pepper flakes
- 1/2 cup low-sodium broth or water
- 1/2 cup fresh parsley or mint leaves and tender stems, roughly chopped

Directions

1. Pat the chicken dry, trim excess fat and season generously with salt, pepper, oregano, garlic, and lemon zest.
2. Heat the oil in a large Dutch oven or a heavy-weight 12-inch skillet over medium-high heat until shimmering. Add the chicken, skin-side down, and cook without moving until they easily release from the bottom and are browned and crispy, 8 to 10 minutes. It's okay if they are snug, they will shrink while cooking.
3. Turn over and cook until the bottom is lightly browned, 2 to 3 minutes more. Remove and set aside on a plate.
4. Reduce the heat to medium, then add the artichokes, white beans, tomatoes and lemon slices to the

Greek Chicken Thighs with White Beans, Tomatoes & Artichokes



- pan, seasoning with salt and red pepper flakes, cook, stirring occasionally, until the canned taste cooks off, 2 to 3 minutes.
5. Pour in 1/2 cup broth, using a wooden spoon to scrape up anything on the bottom. Nestle the chicken on top of ingredients, skin side up, pouring in any pan juices and reducing the heat if the bottom mixture starts to bubble excessively (small bubbles are fine), until the chicken is cooked through, about 10 to 12 minutes more.
6. Remove from heat, sprinkle with the remaining herbs and serve.