

December 2023

# Sunapee Cove

Lakeside Assisted Living & Memory Care Community  
(603) 763-0566 1250 Rt. 11 Sunapee, NH 03782



## December Activities

December 6<sup>th</sup>

Music with Second Wind

December 5<sup>th</sup> & 7<sup>th</sup>

Holiday Photo Booth

December 9<sup>th</sup>

Music with Sueanne Thayer

December 10<sup>th</sup>

"Moe & Carolers"

December 11<sup>th</sup>

Christmas Crafting

December 12<sup>th</sup> & 19<sup>th</sup>

Christmas Lights Ride

December 13<sup>th</sup>

Music with Jim Hollis

December 14<sup>th</sup>

Mount Royal Carolers

## **Family & Resident's Christmas Party 4:00-6:00**

December 16<sup>th</sup>

Music with Moe Kennett

December 20<sup>th</sup>

Kearsarge Middle School Carolers  
Music with Jackie Lee

December 23<sup>rd</sup>

Music with Carl Brogan

December 24<sup>th</sup>

Christmas Eve Resident Party

December 31<sup>st</sup>

New Year's Eve Resident Party

## Welcome Executive Director Elaine "Pudge" Eaton



**She has returned! The Cove is excited to report that Pudge has returned to us after a small hiatus. She comes back to Sunapee Cove as our Executive Director.**

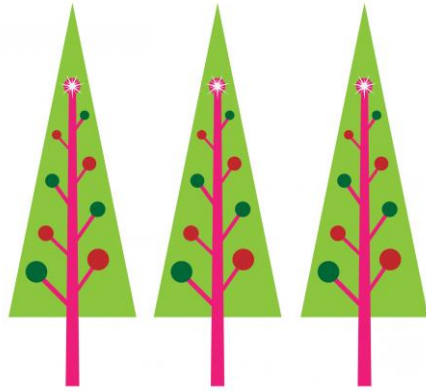
**She had been keeping busy in a marketing position in the upper valley before she made the decision to return.**

**Pudge comes to us with a wealth of experience, having served in a variety of capacities at assisted living facilities over the past 20 years.**

**She has lived her entire life in Newbury on a property that has been in her family since the early 1800's. She's active in her local community. She enjoys tending to her gardens, sewing and riding her bicycle, but most of all spending time with her 5 grandchildren.**

**Pudge has expressed whole heartedly that she is here for the residents and is looking forward to getting to know all of them and their families.**

**Come to the Sunapee Cove Christmas Party on December 14<sup>th</sup> from 4-6 and you will have a chance to meet and welcome her.**



## WELCOME

### Donna Pavlin

#### Business Office Manager



Donna has worked in Assisted Living for the last 10 years, and has been an Office Manager for much longer. Donna worked for HallKeen previously in Watertown, Massachusetts. She and her husband moved up to New Hampshire 3 years ago and she's very happy to have found a job closer to home. They have two daughters, and 4 grandchildren, who they love spending their free time with.

Donna is looking forward to being here at the Cove and getting to know the residents and staff.

You will be able to meet her at the Christmas Party on December 14<sup>th</sup> from 4-6.

## Holiday Raffle

The raffle item is a.....

3ft Melissa & Doug

Polar Bear

Raffle tickets are 1/\$1.00

Or

10/\$5.00

The residents would like to raise money to do something special for the Sunapee Community.

Stop by and get your raffle tickets between Dec.11<sup>th</sup>-Dec 20<sup>th</sup>

There will be a polar bear under the tree for viewing and the winners polar bear will be already wrapped and ready to go to it's new home for Christmas.



## Home Sweet Home



Gingerbread House Day, December 12, brings a touch of magic to the holiday season. It's the perfect occasion to indulge in a time-honored tradition: building and decorating gingerbread houses.

This charming holiday observance offers a sweet escape from the busyness of the season.

The history of gingerbread houses has roots in medieval Europe, where gingerbread was initially reserved for special occasions and celebrations. It was often used to create intricate works of edible art, including gingerbread houses. These delectable structures gained popularity in Germany during the 16th century when the Brothers Grimm published their fairy tales, including the famous story of Hansel and Gretel, who discover a house made of gingerbread and candy deep in the forest.

Notable gingerbread houses have become a source of fascination and wonder. The White House has a longstanding tradition of creating a gingerbread replica of the executive mansion during the holiday season. These intricate confections often include detailed icing decorations and miniature furnishings.

- Another impressive example is the annual National Gingerbread House Competition in Asheville, North Carolina. This event attracts pastry chefs and artists from around the world who craft astonishing gingerbread creations, from charming cottages to elaborate castles

In modern times, gingerbread houses have evolved from simple, rustic structures to intricate architectural marvels. They continue to be a beloved holiday tradition, a sign of the enduring appeal of this spicy-sweet treat. This year on Gingerbread House Day, unleash your creativity, and see what kind of edible masterpiece you

## Be MIND-full of Holiday Eating Habits

Planning ahead can help you stay focused on your MIND Diet Lifestyle.

- Include starters like hummus, which can count for weekly bean portions, or a spinach salad with walnuts, dried cranberries and a balsamic and olive oil dressing.
- Add a bowl of deeply-colored berries — like blueberries — to the dessert offerings. Dark berries are chock full of antioxidants, fiber and vitamins.
- Since poultry is encouraged twice a week, roast a turkey or game hen as the main course. But instead of basting the bird in butter, brush it with extra-virgin olive oil, a MIND diet staple.
- Serve fish, like salmon, as either an appetizer or main course. Fish is on the MIND menu at least once a week.

Introducing family and friends to your lifestyle can help them start their New Years Resolutions off to a great start!



## Recipe Ingredients

- 1¾ cups of freshly ground almonds (250g)
- ¾ cup of coconut sugar (100g)
- 1 tablespoon of ground chia seeds
- 2 tablespoons of cold water
- 2 tablespoons of maple syrup
- 3 teaspoons of ground cinnamon
- a pinch of vanilla powder
- a pinch of powered xylite for decoration

## Directions

1. Start by grinding the almonds into a flour if you are using whole almonds.
2. Place the ground chia seeds and the water into a small bowl. Whisk together with a fork and set aside to thicken for about 10 minutes.
3. Place the coconut sugar, ground almonds, cinnamon and vanilla powder into a food processor or big bowl. If you are using a food processor, then mix it shortly. If you are using a hand mixer, just quickly mix everything.
4. Add the chia-mix and maple syrup and combine everything for about 30 seconds until a sticky dough forms. If the dough is crumbly, and not sticky, add a teaspoon of cold water.
5. Pre-heat the oven to 160°C (320°F).
6. Roll the dough out between two pieces of baking paper. Make sure not to roll it out too thin, it should be around 5 mm thick. Using star shaped cutters, cut out about 30 stars.
7. Place the cinnamon stars on a baking tray lined with baking paper and bake for 8-10 minutes until golden brown. Let the cookies cool for a few minutes until transferring them to a cooling rack.

**Tip:** Store the Almond and Cinnamon Christmas Cookies in an airtight container at room temperature for the best result.



# HEALTHY ALMOND & CINNAMON CHRISTMAS STARS

*The Hallkeen Family  
would like to wish  
everyone a very  
happy and safe  
holiday season.*