

January 2024

Sunapee Cove

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



Entertainment

Music: Jim Hollis
January 6th 2:30

Music: Sueanne Thayer
January 13th 2:30

Telephone Museum
Presentation
January 16th 2:00

Music: Moe Kennett
January 20th 2:30

It's a New Year

Hello everyone!

Are you as excited as we are about making 2024 an incredible year? We had a lot of changes last year. However, now we are ready to dive in and make this new year an incredible one.

It's a perfect time for all of us to set those inspiring goals and add a dash of excitement to our daily lives in 2024.

Whether you're aiming for changes in your overall health, starting a new hobby or just want to have a lot of fun, there's something here for everyone at Sunapee Cove.



Resident Nicci enjoying a visit with Dudley

In Praise of Compliments

January 24 may be the most positive day of the year—it's **Compliment Day!**

Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.



Resident Frank W. won the Polar Bear Raffle

We think he was quite happy
with his new friend.

We took a couple of evening rides to look at the Christmas lights in the area. We even met Beanie one of the therapy dogs that will be visiting us over the summer. Beanie's owner, Sue Tuttle is an art teacher at Maple Ave. Elementary School and is excited to be bringing Beanie to meet all the residents once school is over for the year.



Walking Is a Great Step

Alzheimer's disease and other forms of dementia can affect people's balance and mobility. Difficulty misjudging depth, like the height of a curb, can leave people fearful of walking, even if they're physically fit. Most people with memory loss can and do want to walk. Like anyone, physical exercise and being outdoors are uplifting and might lead to a better appetite or sleep. Walking is a great way for families, volunteers, and staff members to spend time with someone or get to know them better. Sometimes talking or being in silence feels more natural when you're moving and observing the scenery. Of course, prepare for walks first, checking to see if the person needs to use the bathroom and has appropriate clothes and shoes for the weather. Here are other tips to help you put your "best foot forward."

Get ready: Carry a fanny pack or small backpack with necessities, like keys, water, an extra sweater, and a phone. Ensure the person you're walking with has anything they need, such as glasses, hearing aids, or a walking aid.

Think about the path: Try to choose a route that doesn't require crossing major streets or walking where there are no sidewalks. Walking by a playground or park is usually welcome.

Pace yourself: Don't worry about what speed you're walking. Take time to notice the weather, trees, people you encounter, etc.

Be observant: Look for signs that the person you're walking with is getting more unsteady, tired, or distressed. Walking a familiar route and for a short time (at least initially) is wise. Remember that curbs and cracks in the sidewalk can present hazards when someone isn't aware of them.

Ask for help: Ask the person you are walking with to hold your arm so you can both stay steady on a bumpy path. If you become worried that the person could fall, find a spot to sit down and call someone to pick you up or come and assist you.



Residents really enjoyed making personal ornaments for the memory care unit Christmas tree.



Some Sunapee Cove residents enjoyed kicking off the season, by attending the Upper Valley Seniors holiday party put on by the Lebanon Elks Club.

MIND Diet Shopping List

The Geriatric Dietitian

Leafy Green Veggies

Kale
Arugula
Romaine
Spinach

Berries & Fruit

Strawberries
Blueberries
Raspberries
Peaches
Apples
Bananas
Plum
Pear

Beans & Nuts

Black beans
Pinto beans
Cashews
Shaved almonds
Walnuts
Pecans
Pistachios
Nut and protein bar

Other Veggies

Avocado
Cucumber
Bell peppers
Corn
Onion
Tomatoes
Potatoes
Beets
Mushrooms
Broccoli
Green beans
Carrot
Olives
Brussels sprouts

Whole Grains

Oatmeal
Brown rice
Quinoa
Pita
Multigrain crackers
Corn tortilla
Whole grain bread
Whole grain pasta
Whole grain pancake
Whole grain flat bread
pizza

Poultry & Fish

Turkey sausage
Tuna salad
Grilled chicken
Salmon
Shrimp
Ground turkey
Eggs (or liquid egg whites)

Dips, Sauces, & Seasonings

Olive oil
Lemon juice
Light syrup
Hummus
Bean dip
Cilantro
Pico de gallo
Almond butter
Peanut butter
Cinnamon
Guacamole
Nutmeg
Non-fat whipped cream
Black bean salsa
Honey

MISC

Greek yogurt
Cottage cheese
Protein powder
Lentil soup
Unsalted trail mix
Veggie chips
Sorbet

Meet "Newbie"



Resident Pat S. has a pet cat. She named him Newbie. She enjoys visiting other residents with him and taking him for walks in his cat stroller. He has become quite popular here at Sunapee Cove and enjoys getting lots of treats from residents and staff.



MIND DIET Chicken fajitas

Sauté peppers and onions, and combine them with seasoned chicken. Serve on corn tortillas with a variety of sides, such as brown rice, corn, guacamole or fresh salsa.

Eating Out on the MIND Diet

Eating out is easily doable on MIND with good choices

- Choose green salads with olive oil-based dressing, which you can order on the side.
- Have lightly seasoned chicken or fish, and avoid heavy cream sauces.
- Choose healthy side dishes, like steamed vegetables instead of french fries.
- Wine is allowed, so have a drink if you like.
- Enjoy fresh [berries](#) for dessert.