

February 2024

# Sunapee Cove Assisted Living & Memory Care

1250 NH- 11 Sunapee, NH 03782 (603) 763-0566



## February Activities

2/3

Ground Hog Day  
Contest

2/6

Resident Council

2/7

Chat w/a Director

2/8

Lunch at the  
Flying Goose Pub

2/9

Food Committee  
Meeting

2/10

Music with  
Sueanne Thayer

2/12+2/29

Trip to  
Colonial Pharmacy

2/13

Mardi Gras Party

2/14

Valentine Bingo

2/17

Music w/ Moe Kennett

2/22

Lunch at Ziggy's Pizza

2/28

Music w/Second Wind

## Someone's Calling You

The residents were so excited to look out their windows and see lots of snow in January. It sure was cold outside, but inside we were having fun and learning something new as well.

On January 17<sup>th</sup> we had a special presentation from the New Hampshire Telephone Museum based in Warner. The residents really enjoyed getting to see the old telephones and learning about the history and how phones have evolved into what they are today.



Activity Professional Week  
January 21<sup>st</sup> - January 26<sup>th</sup>  
We had an entire week of  
“theme days” Can you  
guess what theme was  
happening on this day?



*The beautiful colors  
from flowers and  
being able to make  
their own  
arrangements has  
brought such joy to  
the residents.*



On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.

However, a scientific study in 2017 suggested that using Facebook had negative effects. The more people in the study used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonelier. It seems that direct social contact may still be the best form of interaction, but it sure can help with distance.

FYI-Actor Al Pacino's face was on the very first Facebook homepage.

Be sure to check out  
Sunapee Cove's Facebook page for more  
great pictures and updates.



Residents enjoy attending Art Workshop three days a week. Our own resident Diana, who is an artist and architect enjoys teaching the class. This landscape and portrait are recent drawings from a couple of our residents that attend art class.

## Did you know?

That fluid intelligence, your ability to think quickly and recall information, peaks around age 20, then slowly declines? Well, there's good news! Because the MIND Diet (Mind stand for Mediterranean-Dash Intervention for Neurodegenerative Delay) is based on two popular diets, the Mediterranean and the Dash Diet. It has been shown to boost brain health and slow cognitive decline, and reduce the risk of Alzheimer's disease by up to 53%.

### Crustless Quiche (Frittata)

Serves 3 people and only has 282 calories per serving

#### Ingredients

- 5 eggs
- ¼ cup milk
- Salt & pepper
- 1tsp mustard
- 2 tbsp bacon diced + cooked
- ¼ cup tomato, diced
- 2-3 scallions, sliced
- ½ cup chopped spinach
- 2 tbsp canola oil, separated

