

This is Punxsutawney Phil's ex-wife, Phyllis, who now lives in Florida and said that Phil is a compulsive liar.



"The way I see it, if you want the rainbow, you got to put up with the rain."
—DOLLY PARTON



Join us at Sunapee Cove for an Easter Day Brunch RSVP by 3/22 Cost is \$20.00pp

Resident and Staff Search for Ground

Laminated ground hogs of all different sizes were hidden throughout Sunapee Cove on Ground Hog Day February 2nd. Anyone that found one would put it in the collection box and if it was drawn out at the end. They won a prize. It was lots of fun for all!



Superbowl Party at the Cove

Residents gathered in the community room to cheer on their favorite football teams on the big screen!

They enjoyed some delivery pizza and tasty drinks while they watched the big game. The half time show with *Usher* as the entertainer impressed them with all the costumes and especially the tricks on roller skates! It was definitely an exciting game to watch.



Sunapee Cove Assisted Living & Memory Care

March 2024

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

March Activities

NEW: Piano music every Thursday at 2

- 3/1 Food Com. Mtg
- 3/2 Jim Hollis Music
- 3/5 Res. Council
- 3/6 Chat w/Director
- 3/7 Lunch Trip
- 3/8 Fab Fit Friday
- 3/9 Music-Sueanne
- 3/11 Lunch Trip
- 3/12 Tai Chi Class
- 3/12 Therapy Dogs
- 3/13 Clifford the Dog 2X a month.
- 3/14 Shopping Trip
- 3/15 St. Patty's Happy Hour Celebration
- 3/16 Music w/ Moe
- 3/20 Music-Carl Brogan
- 3/21 Lunch Trip
- 3/25 Men's Breakfast Out
- 3/28 Women's Breakfast Out
- 3/29 Happy Hour w/Click Horning
- 3/30 Easter Egg Hunt!
- 3/31 Resident & Family Easter Day Brunch



Welcome Sarah Reynolds Marketing Director

Sarah is a mother of two from Hartford, Vermont. She is a veteran of the United States Air Force. She's also a former light welter weight, New England Golden Gloves boxing champion.

She was also a nurse for eight years and worked at Valley Terrace with our Executive Director Pudge. It was there that she decided to go back to school, this time for business. Upon graduation she worked her way up to a Sales/ Finance Manager position at an auto dealership. She was running her own store location shortly after that due to her skill at finding out about people's needs and wants.

Now, she is excited to be here, the sales and marketing position brings her two areas of specialty together. Nursing and helping families find a wonderful space for their loved one here at Sunapee Cove.

She is very happy to be joining the Hallkeen team!

We Love Our Volunteers

Want to hear a construction joke?

Oh never mind, I'm still working on that one.



We have been enjoying our Thursday afternoon relaxation hour by listening to live piano music with volunteer Elaine Cox.

She brings so much joy to our residents with her gift of music.

Have you ever considered volunteering? Do you have some time to give? If so, then we are interested in talking to you!

From crafting, music, telling jokes, reading, topic speaking, teaching, visiting or even just listening. would love to hear from you.

Please call Enrichment Director, Cheri Parkhurst at 603-763-1517 or email cparkhurst@hallkeen.com



VOLUNTEER



Residents took a trip to Ziggy's Pizza in Sunapee for lunch.



Can you guess this resident?



We just love the stories residents share with us. They are so wonderful to hear. Each following month, you will find out who was in the picture and we will share one of their stories with you.

MIND DIET RECIPE **of the MONTH**

Enchiladas with sweet potato and black beans

Ingredients:

- 1 tablespoon olive oil
- 1 small red onion
- 3 cups peeled sweet potato ½" cubes (about 2 medium)
- 3 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 15 oz can rinsed & drained black beans
- 1 ½ cups red enchilada sauce about 10 ounces
- 2 cups shredded cheese (8 ounces) cheddar, Monterey jack, Colby jack or Mexican cheese blend, divided
- 10 8-inch flour tortillas whole wheat or white
- Plain Greek yogurt or sour cream, chopped red onion, fresh cilantro optional for serving.



Preheat oven to 375 degrees Heat olive oil in a large skillet over medium heat. Add the onion and sweet potato and sauté for 5 minutes, stirring often, once slightly brown add ½ cup of water and cover and continue cooking 5-10 minutes longer. Taste a potato to check if it's done. They should be soft, but not mushy. Uncover the pan and stir in the garlic, chili powder, cumin, salt and pepper. Cook for 30 seconds and then remove from the heat. Stir in the black beans.

Place ½ cup of enchilada sauce in the bottom of a 9X13-inch baking dish.

Assemble the enchiladas: Working with one tortilla at a time, place 1.2 cup of the sweet potato black bean filling down the middle of the tortillas, slightly to the side of the center.

Add about 2 tablespoons of cheese, roll the tortilla up tightly and place seam down in the baking dish.

Pour remaining enchilada sauce over the enchiladas and top with remainder of cheese.

Cover pan with foil and bake 15 minutes. Uncover and bake for about 10 more minutes until the enchiladas are hot and bubbly. Serve with toppings if desired.