

NEWSLETTER

March 2021



Hello Residents, Families and Friends!

This month we will be celebrating St. Patrick's Day on the 17th.

Some new activities have been added to the calendar this month for your enjoyment. If you have any other suggestions, please feel free to voice them to the activities staff.

We are also continuing our various video visits with families at this time.

Keep Safe!

The Activities Staff



March 2021



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	Coffee Hr. 1 Trivia/Reminis Fruit Pass	Coffee Hr. 2 Music Therapy Senior Tango	Coffee Hr. 3 Spa Day/Mani Bingo	Coffee Hr. 4 Crafts Wine & Cheese	Coffee Hr. 5 Country Music Treat cart	Individual 6 Visits Magazine/Book Cart
Individual 7 Visits Refreshment Cart	Coffee Hr. 8 Trivia/Reminis Fruit Pass	Coffee Hr. 9 Music Therapy Senior Tango	Coffee Hr. 10 Spa Day/Mani Bingo	Coffee Hr. 11 Crafts Wheel Of Fortune	Coffee Hr. 12 50/60's Music Treat cart	Individual 13 Visits Magazine/Book Cart
Individual 14 Visits Refreshment Cart	Coffee Hr. 15 Trivia/Reminis Fruit Pass	Coffee Hr. 16 Music Therapy Senior Tango	Coffee Hr. 17 Spa Day/Mani Bingo St Patrick's Day	Coffee Hr. 18 Crafts Beer & Pretzels	Coffee Hr. 19 Big Band Music Treat cart	Individual 20 Visits Magazine/Book Cart
Individual 21 Visits Refreshment Cart	Coffee Hr. 22 Trivia/Reminis Fruit Pass	Coffee Hr. 23 Music Therapy Senior Tango	Coffee Hr. 24 Spa Day/Mani Bingo	Coffee Hr. 25 Crafts Wheel Of Fortune	Coffee Hr. 26 Classical Music Treat cart	Individual 27 Visits Magazine/Book Cart
Individual 28 Visits Refreshment Cart	Coffee Hr. 29 Trivia/Reminis Fruit Pass	Coffee Hr. 30 Music Therapy Senior Tango	Coffee Hr. 31 Spa Day/Mani Bingo			



LUNCH MENU



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	BBQ Pork On 1 Bun OR Spanish Rice Tater Tots Orange Cake	French Onion 2 Meatloaf OR Maple Ham Cabbage Noodles Peas & Mushrooms	Spaghetti 3 Meatsauce OR Liver & Bacon, Onions Spinach Garlic Bread Applesauce Cake	Caesar Pork 4 Chop OR Swiss Steak/Tomato Rice Pilaf Brussel Sprouts	Fish On A 5 Bun OR Knockwurst W/Sauerkraut Mash Potato	BBQ Riblet 6 OR Cubed Steak Hash brown Cauliflower Banana Pudding
Ham Steak 7 OR Baked Fish SweetPotatoes Peas &Carrots	Glazed Chicken 8 Fritters OR Cubed Steak w/Onion & Peppers French Fries	Pork Roast 9 W/Gravy OR Meatloaf Rice Pilaf Broccoli Hawaiian Cake	Country 10 Salisbury Steak OR Bratwurst W/Sauerkraut Hash brown Casserole Veggie mix	Chicken 11 Alfredo On Linguini OR Cubed Steak w/Onion & Peppers Broccoli	Mac & 12 Cheese OR Pork Chop Green Bean Casserole Peach shortcake	Spaghetti & 13 Meatballs OR Bake Chicken Italian Veggies Monkey Bar
Spaghetti w 14 meat sauce OR Ham steak Italian veggie Assorted pie	Parmesan 15 chicken OR Pork cutlet Rice pilaf Tapioca	Roast beef 16 OR Fish filet Mash Potato Tuscany veggie Fruit fluff	Ham alfredo 17 linguini OR Baked chicken Broccoli Oatmeal cake	Fried 18 Chicken OR Ham steak Mashed&Gravy Corn Snickerdoodle cookie	Fish filet 19 OR Veal Au gratin potatoes Mixed veggies Pudding	Pot roast 20 OR Salisbury steak Boiled Potato Carrots Mandarin oranges
Turkey w/ 21 gravy OR Mesquite chicken Stuffing Squash Assorted pie	Corned 22 beef OR Spanish rice Red potato Cabbage Carrots Peaches	Hamburger 23 OR Maple ham Mac salad Baked beans Oatmeal cookie	Chicken & 24 biscuits OR liver/bacon & onion Mash Potato Summer squash Blueberry cobbler	Pork chop 25 OR hamburger steak Apple gravy Sweet potato Cali veggie Straw shortcake	Mac & 26 Cheese OR sausage & peppers Green bean casserole Chocolate chip cookie	Monterey 27 chicken OR Hamburger Cavatina pasta Peas & Carrots Tapioca pudding
Smoked 28 ham OR Fish Filet Candied yams Italian veggie Assorted pie	Orange 29 chicken OR Cube steak Rice pilaf Diced carrots Pumpkin bar	Pork w/ 30 gravy OR Meatloaf Mash potato French beans Cherry crisp	Salisbury 31 steak OR Kielbasa Hash brown casserole Peas/carrots Fruit pie			



DINNER MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Tuna Boat 1 OR Turkey Sandwich Hearty Vegetable Soup Cheese Puffs	Fish On A Bun 2 OR Cheese Tortellini W/Sauce French Style Green Beans	Hot Roast Beef 3 Sandwich W/Gravy OR Chicken Breast Carrots	Chicken Nuggets 4 OR Fried Egg Sandwich French Fries Brownie	Hot Turkey 5 Sandwich OR Kielbasa Mash & Gravy Green Beans	Hamburg On A 6 Bun OR Lemon Bake Chicken Lettuce, Tomatoes
Egg & Olive Sandwich 7 OR Tortellini Tuna Salad Macaroni Soup	Sausage 8 Pizza OR Chicken Patty On A Bun Caesar Salad	Hot Dog On 9 A Bun OR Chili Waffle Fries	Beef 10 Stroganoff OR Baked Chicken Buttered Noodles Carrots	Italian Sausage 11 W/Onions & Peppers OR Goulash Yellow Squash Peanut Butter	Breakfast 12 Sandwich OR Tuna Melt Hot Curried Fruit	Bologna 13 Sandwich OR PB & Jelly Cream Of Broccoli Soup Three Bean Salad Chilled Pears
Hamburger 14 OR Tuna melt Tater tots 3 Bean salad Ice cream	Beef 15 stroganoff OR Fried Egg sandwich Buttered noodles Green beans Brownie	Pepperoni 16 pizza OR Turkey sandwich Caesar salad Chocolate Mousse	Chicken 17 salad sub OR Egg salad sandwich Veggie soup Cheese puffs Frosted cake	Goulash 18 OR Polish sausage French beans Chocolate Peanut Butter Cake	Sweet & 19 sour kielbasa OR Chili Rice pilaf Winter veggies Chocolate chip cookie	Bologna 20 sandwich OR Beef salad sandwich Pasta salad 3 Bean salad Poke cake
Meatball 21 sub OR Turkey melt Creamed corn Diced pears	Grilled 22 Hotdog OR Pork cutlet Veggie Sugar cookie	Egg & 23 Olive sandwich OR Fishwich	Sloppy Joe 24 OR Baked chicken Carrots Monkey bar	Ham & 25 cheese croissant OR Turkey sandwich Peas Cherry fluff	French 26 toast sticks OR Fish sticks Sausage Patty Jello	Beef Pot pie 27 OR Hot dog French beans Marble cake
BBQ Pork 28 riblet OR PB & J Sandwich Wax beans Sherbet	Pancakes 29 OR Omelet Sausage patty Hot curried fruit Rice pudding	Sausage & 30 peppers OR Baked chicken Yellow squash Peanut butter cookie	Turkey & 31 cheese croissant OR Tuna melt Green beans Apple cobbler			

Department Spotlight

This Months Featured Department is our Rehabilitation Department



Our rehab departments feature six amazing professionals with decades of therapy experience under their belts. We have two Physical therapists, one Physical Therapist Assistant, one Occupational Therapist, Two certified Occupational Therapist Assistants, and a per diem Speech Therapist. Our therapy department offers therapy M-F and on the weekends as well! Our multi-disciplinary team incorporates progressive, hands on techniques to personalize treatment plans, built around individual goals to maintain or regain their highest level of function. We offer post-surgical rehabilitation through balance, strengthening, gait, and transfer training as well as self-care, home management and cognitive training.

What's New?!

State Visitation Updates

The New York State Gouverneur and Department of Health have recently approved facilities including Skilled Nursing facilities to begin in person visitation. There are rules and regulations pertaining to this that we unfortunately do not qualify for yet. We have received dozens of calls and we understand the stress and anxiety family members are facing right now who are unable to meet with their families in person. However, in order for us to qualify for visitation we do need to go 14 days without a COVID-19 positive employee or resident. We should be able to update families every Wednesday and Friday of any positive cases. Once we do go 14 days our administrator will submit our policies for approval to the Department of Health. Once approved we will be able to allow in person visitation again.

Please note we are still allowing window visitations at this time as well as facetime/zoom meetings utilizing cellphones, laptops, iPad, or computers! Please call us at 315-769-2494 and ask to speak with our activities department to set up one of these meetings.

