



## SEPTEMBER 2023



### *season of* **REFLECTION**

NATIONAL ASSISTED LIVING WEEK®  
SEPTEMBER 10-16, 2023

The theme for the 2023 National Assisted Living Week® (NALW) is "Season of Reflection." The week provides assisted living staff, communities, residents, and families the opportunity to pause and reflect on the important things in life—including the special relationships and bonds created within assisted living communities. This theme also offers a chance to embrace and welcome the sense of renewal that comes with the changing season.



#### Recipe of the Month

##### Sweet Corn Bruschetta

- 4 ears sweet corn, husks removed
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 tablespoon granulated sugar
- ¼ cup basil leaves, cut into wide strips
- Salt and ground black pepper
- 1 8 ounce baguette-style french bread
- ¼ cup olive oil (scant cup)
- 4 ounces goat cheese (chevre)

Preheat broiler. Using a sharp knife, cut kernels off the ears of corn. Combine kernels, honey, sugar, and vinegar, toss to coat. Stir in basil, season with salt and pepper to taste. Brush both sides of each bread slice with olive oil, and arrange on a broiler pan.

Broil bread slices 4- to 5-inches from the heat for 1 to 3 minutes, flip them over, and broil for another 1 to 2 minutes or until golden. Remove from oven, spread each slice with goat cheese. With slotted spoon, top each bruschetta with corn mixture. Serve immediately.



## PuzzlePalooza 2023!

We and our sister communities are sharing puzzles and participating in this challenging event. Stop by our puzzle table and join in the fun!



## Meet Our New Wellness Director!

Encouraged by her mother to enter the caregiving field, Joyal has jumped in meeting with all of our residents. She is thoughtful and thorough, and already making a positive impact in our community. We're so glad to have Joyal on our team!



## THANK YOU

*to everyone contributing to our community! Whether a family bearing goodies or visiting us, or a supporting agency sharing your talents,*

**WE APPRECIATE YOU!**

## Resident of the Month

### Juan Reyes

Born in Aguadilla, Puerto Rico, Juan brings an international flair to our community. At just eighteen years old, Juan joined the Air Force. He traveled around the world working with radio communications and microwave relay systems, helping the U.S. win the Cold War against Russia. After working in electronic calibrations all over the Southeast, Juan retired to a small town in Mexico. He loves dogs, good Coffee and food, traveling, mountain drives and hearing people's stories. We're so glad to know you, Juan, and thank you for your service!



## Employee of the Month

### Nathan Lattimore

From New York City, Nate has been our amazing housekeeper for almost two years. Not only does he keep our community sparkling clean and sanitary, he tends to our residents in a very loving way. The best part of his position is "caring for our residents," and it shows in everything he does. Nate's dream career? He wants to own his own cleaning company. Also, winning the Lottery would suit him, too! In his spare time, Nate loves to spend time with his family and friends, play basketball and travel.

We are so fortunate to have Nate on our team!

