



COLONY NEWS

A Weekly Newsletter for Members and Staff of Meredith Bay Colony Club

#67

January 6, 2012

VITAL SIGNS MONITOR DONATION!



The taking of Member's Vital Signs has become much easier thanks to our new portable Vital Signs Monitor that was made possible by a very generous donation from John and Christine Dole

This new machine is very light and portable and will be used throughout MBCC including The CLUB for those receiving services through Colony Home Care. This little rig measures your blood pressure, your pulse and your blood oxygen concentration – and it does it automatically and easily! Managing your blood pressure begins with measuring your blood pressure and this machine makes doing so quick and easy. Jennifer Keefe our INN Nurse demonstrates on John just how easy it is --- and she was quick to note just how much our other INN and GARDEN Staff Members appreciate the Dole's thoughtfulness and generosity Thank You John & Christine!

STAFF CHILDREN'S ICE CREAM SOCIAL TOMORROW SATURDAY, JANUARY 7TH FROM 2 TO 3 IN THE BISTRO!

Staff Members, their children and grandchildren along with Club Members are all invited to a Winter Ice Cream Social sponsored by our own John & Christine Dole. Join us in the Bistro for an informal opportunity to watch kids do what they do best ---- Eat Ice Cream! Of course we hope that you will want to indulge a bit yourself!

CLUB MEMBERS WITH JANUARY BIRTHDAYS

January 12th Susan Humphrey
January 23rd Ann Stevenson

FREE POINSETTIAS TO GOOD HOMES.....



Please help yourself to any and all of the Poinsettias that are in the Bistro. First Come First Serve. They are free for you to take but we will charge you \$5 if you try to return them! Why not add a little colour to your Apartment? Yes, you can give them away to others.

TONIGHT'S MOVIE: SARAH'S KEY

Friday at 7:30 p in the First Floor Community Room

This is one that I haven't yet seen and would like to. A touching movie about the German Occupation of Paris and those who could flee – and of those left behind. This is a screenplay based on the bestselling novel of the same name that was inspired by actual events.

KURTS KORNER.....



Planning Ahead -----

Ice Cream Social Tomorrow
Saturday January 7th, 2-3p in the
Bistro

Shake & Taste Party on Thursday
January 12 at 4:30 will take the place of the regular Terrace Dining that night. Along with a great meal you will be entertained by Christy and Kurt as they explain the ingredients and makings of our favorite cocktails --- including complimentary samples!

Reservations are required and must be made by Tuesday at 10a --- by calling Kurt or by calling Carolyn at 279-1583. This is also decision time: We need to know whether you want chicken or salmon. (this would be an easy choice for me!)

Check out the flyer located below for the details including a dessert of Flourless Chocolate Cake with a Peppermint Sauce.!

Sadie Hawkins Day Celebration in the Bistro! Stay tuned for more information!

A Slight Delay: Our next Pizza Night will not be until a week from Wednesday on January 18th.

We Love Guests: When people ask me about 'activities' I explain that most of our CLUB activities are Member driven affairs that are widely varied --- but that everyday everyday we encourage 'socialization' through Dining. As long as you make reservations we encourage you to invite guests. It is a great way to help us get the word out, it is great company for you --- and it helps keep our prices as low as possible. Why not invite a friend over for lunch or dinner someday soon!

*Shake and Taste Party Thursday January 12
at 4:30pm*

*Christy will introduce you to some fun
and tropical drinks that you will get a
chance to taste*



First Course

South Seas Salad

Papaya, Mango, Pineapple and Macadamia Nuts with Baby Greens and a Coconut Rum Dressing

Second Course

Seared Salmon Filet

Served with a Sweet Potato Tart and Roasted Red Pepper Vodka Sauce

Or

Roasted Chicken

with Coconut Rice and a Cointreau Pan Sauce

Third Course

Flourless Chocolate Cake

with a Peppermint Sauce

Only \$20.00 per person

IN REMEMBRANCE.....FERRIS “TOMMY” THOMSEN, JR.



On Monday we lost one of our own in Tommy. I suppose we could have given Tommy the nick-name ‘Scooter’ but somehow ‘Tommy’ just fit him too well to change. Tommy always always made us smile! At this time of loss our thoughts and prayers are with Tommy’s family and especially his wife Ann. Special thanks are due to The Rev. John Eaton who convened the Gathering Service at MBCC yesterday as well as leading the Quaker Prayer at this morning’s Memorial Service which filled the Center Harbor Congregational Church to overflowing with family and friends.

‘AGING WELL’ ON THE RADIO

Each Wednesday at 8:35 on WEZS 1350 AM MBCC Sponsors ‘Aging Well’ a talk show that invites a special guest to talk about issues of special interest to Senior or that showcases the special of work of Seniors.

JANNINE SUTCLIFFE, RN: DIRECTOR OF CARDIO-PULMONARY REHAB!



In addition to being LRGHealthcare’s Director of Cardio-Pulmonary Rehabilitation and the Director of two Wellness Centers --- Jannine is also the Daughter-in-Law of our own Carolyn Sutcliffe. Wednesday morning she also was my guest on Aging Well where she shared with us some of the various programs that she manages. On the rehab side she is primarily dealing with patients after an ‘event’ and supervises their followup cardiac and pulmonary rehabilitation. At the Wellness Center level she most often is working with people who are at some kind of health risk and who are working to minimize those risks. The two Wellness Centers are unique in that unlike a more typical fitness center --- the Wellness Centers are supervised by on-site Nurses. To find out more all you need to do is to call 527-2810. Thank You Jannine!

VISITORS WELCOME!



Our own Lars Rydell had a nasty fall that has resulted in his needing to wear this very imposing brace. It is both wonderful and remarkable that he is able to smile while wearing it. The good news is that he is out of the hospital and is now at The Retreat at Golden View --- just down the street --- where he will receive follow-up rehabilitation therapy before returning home. Jackie let me know this morning that he welcomes visitors --- and I am sure cards and notes as well!

BOOK CLUB MEETS THIS TUESDAY JANUARY 10TH

Why not check out something new? The Club will be meeting in the Library Sitting Room at 2p and will discuss the movies 'The Color Purple' and 'The Kite Runner'. Because of the length of the movies the time will be used for discussion of the books along with planning for future books and movies.

HANDWORK AND DEPRESSION

According to some recent studies doing things like knitting, jigsaw puzzles, planting, cooking or fixing things can provide some significant mental health benefits in addition to just keeping you busy. It is thought that "our brains crave the well-being that comes from meaningful effort". Sounds like a good strategy to me. Taken from this month's 'Engaging NH News' newsletter.



DIANE KNOWS HOW TO HAVE A PARTY!



CLOSING NOTES.....

Colony Home Care Agreements: You help is needed in completing and returning these agreements ----- even if you have done them in the past --- we still need new ones to keep our records up to date. Please pass them into Naella at the front desk.

Our Thoughts and Prayers are with Max and Janie Jenness on the recent passing of Max's brother.

Sadie Hawkins Day! Save the date --- it only happens every 4 years! If you don't know when it is you will need to check. It is too early to know exactly what to expect --- but I hear that great things are in the making! Hint: The end of February!

Emergency Medical Information: You should have on your refrigerator a magnetically attached clear plastic holder that contains a couple of sheets of paper that have all your essential emergency medical information. This is invaluable should you ever need to go to the hospital in a hurry. If you don't have one, or if your information is out of date – just be sure to check in with Naella who will help get you back up to date.

This and That: Don't forget to 'Like' us when you go to our Facebook page --- We are adding more and more information there to help keep you up to date – not just weekly – but everyday. I would like to see us get over 100 'Likes'! Tell your friends and family!

Have a Great Weekend!

Howie

