

The Seasons

EAST GREENWICH

Vol. 2, No. 3 Fall 2018



A SEASON OF REFLECTION



As the leaves change and the winter months approach, we anticipate the holidays and reflect on the happenings this past year at The Seasons. The renovation project on our memory care community, Grandview Gardens, is wrapping up and is on track to be completed by the holidays. We appreciate the patience and creative adjustments made by residents and staff, knowing that the final result is yielding a beautiful, functional and inviting space for our residents and their guests. An Open House invitation will be going out in the next several weeks and we look forward to you being able to Celebrate With Us in the newly renovated space!

In addition to adjustments to the exercise programs at The Seasons, routine educational events on a number of topics for residents have been incorporated into the program, including meditation and healthy meal choices. The focus of educational events is to provide information to residents to help them gain a greater understanding of their needs as they age and supportive interventions that

will promote optimal well-being.

The Seasons is also excited about the introduction of quarterly family dining events to complement the monthly family entertainment nights. Individuals coming together as a community to enjoy each other and good times is an important aspect of residing at The Seasons. The holidays bring with them festivities and merriment, along with continued importance of family and community. The mind, body, family and community connection in programs and services is an integral part of The Seasons philosophy.

As we mark the close of our 15-year celebration, we continue to work creatively on the programs and services to promote the next fabulous 15 years. We look forward to you and yours being a part of The Seasons family and wish you a very merry season.

Laurie Ann Oliveira
Administrator



Two Residents have
Celebrated their
100th Birthday at
The Seasons this year.
Jack in March
and
MJ in September!

100 years

THE KEYS TO REDUCING HOLIDAY STRESS

Holidays are a time for families to rejoice in laughter and reflect on happy memories. The mix of holiday festivities and dementia, however, can make for an interesting brew. For families coping with cognitive impairment, the holidays can be bittersweet times, filled with stress and frustration. Festivities can agitate, confuse, and over stimulate those with Alzheimer's disease and other dementias. Meanwhile, caregivers can feel anxious, frustrated and lonely, leading to stress and depression. It is easy to become distracted from the spirit of celebration by worrying about reducing a loved one's anxiety, or protecting everyday routines at events that are anything but routine. This all takes some thinking and planning.

Many families choose to continue long-standing traditions that reassure them that family life is larger than dementia. Loved ones with cognitive impairment may be comforted by familiar patterns and find delight in the vitality of the young. On the other hand, others plan around needs of the person with dementia in order to reduce the risk of frustration and blame.

The Alzheimer's Association tells families that with some planning and adjusted expectations, the holidays can still be happy and memorable for everyone. A few tips include:

- Make sure others know:** Let guests know what to expect before they arrive and tell them how they can help. For example, what activities can they do with the person with Alzheimer's or how best to communicate with them.
- Take care of yourself:** Try to make these celebrations easy on yourself and with the person with cognitive impairment so that you may concentrate on enjoying your time together. Set limits by telling family and friends that you intend to control stress this holiday season. Ask for assistance for you and your loved one. Attend an Alzheimer's Association support group that will allow you to discuss ways to overcome holiday stress. Prepare to deal with post-holiday letdown. Arrange for in-home care (respite care) so you can enjoy a movie or lunch with a friend and reduce post-holiday stress.
- Build on traditions and memories:** Take time to experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities. For example, if evening confusion and agitation are a problem, turn your holiday dinner into a holiday lunch.
- Involve the person with cognitive impairment :** Depending on abilities and preferences, make sure to keep the person with cognitive impairment involved in the celebrations, such as packing cookies in tins or helping wrap gifts.
- Plan ahead:** When attending a holiday party, prepare the host for special needs, such as a quiet room for the person to rest in away from the noise and distractions.

The Alzheimer's Association is here for you during this holiday season through our 24/7 Helpline. Call us toll-free anytime at 1.800.272.3900. We will be open all Christmas day and New Years' day.



*Enjoying a treat
and music at the
Family Night Cookout*



*An outing to Venus de Milo, music with
Vinny Ames, dancing and silly hats!*



*All the dogs came for
birthday cake and fun in
Grandview Gardens*

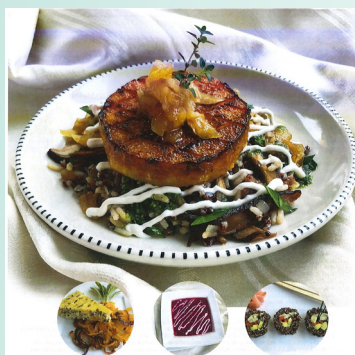


MEET EXECUTIVE CHEF SETH FOSS

Try one of his award winning Recipes

Executive Chef Seth Foss is a graduate of Johnson & Wales University where he earned a Bachelor's Degree in Culinary Arts & Food Service Management, with a concentration in wellness & sustainability. Having 15 years of dedicated service in various sectors of the food service industry, Chef Seth believes in the importance of health-conscious

cuisine and making responsible educated decisions when sourcing foods. Locally grown produce and sustainably sourced seafood are focal points of his planning. Chef Seth has been with The Seasons for 12 years. He has continued to raise the bar with his culinary creations for seniors, while educating his residents with different global cuisines using innovative ingredients. Seth is Rhode Island born and raised, and loves sharing his passion and bringing people together through food. He also enjoys the outdoors, and spending time with family and friends.



PAN ROASTED BUTTERNUT SQUASH

with Shiitake Mushroom & Mountain Red Blend Risotto, Smoked Onion Jam, Goat Cheese and Sage Parsley Pesto

*Original recipe created by Chef Seth Foss
FLIK Lifestyles at The Seasons*

- | | | |
|--|---------------------------------------|---|
| 12 sl. butternut squash peeled and sliced into 1" rounds | 1¼ c. extra virgin olive oil | 8 oz. pancetta, diced macedoine |
| 5 oz. canola oil | 1 lb. apple wood chips | 8 oz. Shiitake mushrooms, sliced, stems removed |
| 3 qts. vegetable stock, homemade | 1½ lbs. Spanish onions, peeled/halved | 6 oz. shallots, brunoise |
| ½ c. parsley, flat leaf, chopped | 2 oz. brown sugar | 3 c. Harvest Mountain Red Blend |
| 1 tsp. garlic, chopped | 4 oz. apple juice | 6 oz. sherry wine |
| 1 oz. sage | 2 oz. apple cider vinegar | 2 oz. butter |
| 2 oz. Parmesan cheese, grated | 3 oz. honey | 6 oz. micro thyme, for garnish |
| | 12 oz. local New England goat cheese | |
| | ¼ c. heavy cream | |
- ① Score the butternut squash diagonally, to create crosshatching, about ½ apart. Heat a cast iron pan over medium high heat. Add 2 oz. of the canola oil, and when smoking, add the butternut squash. Cook for 2-3 minutes scored side down until deep golden brown. Once color is achieved, flip the squash and add 3 cups of the vegetable stock to the pan. Roast in the oven at 350° until tender, about 20-25 minutes.
 - ② Combine 3 oz. of the parsley, the garlic, sage, Parmesan, and olive oil in a food processor. Mix until smooth, set aside.
 - ③ Using a hotel pan, 4 foil balls, and a wire rack, build a stovetop smoker with apple wood chips.
 - ④ Add onions indirectly over heat and cover with foil, poke a hole. Smoke the onions for 30 minutes, then dice macedoine. Sauté with brown sugar and 1 oz. of canola. Once caramelized, add apple juice and cider vinegar. Cook two minutes, then add honey. Cool slightly and set aside.
 - ⑤ Add the goat cheese to a processor, and while running, slowly add in the cream. Set aside.
 - ⑥ Render the pancetta over medium low. Add 1 oz. of canola oil if necessary and cook until crispy. Remove pancetta from pan onto paper towel-lined dish, reserving fat in the pan.
 - ⑦ Add the Shiitake mushrooms and cook over medium heat until golden browned. Remove and set aside.
 - ⑧ Add 1 oz. of canola oil to same pan, and then the shallots. Cook for 1 minute. Add the Mountain Red Blend to the pan and stir well. Cook for 3-4 minutes to toast the grains. Add the sherry wine and cook until reduced by half. Add 2 cups of vegetable stock.
 - ⑨ Continue to add vegetable stock 2 cups at a time, stirring constantly, for 20-25 minutes. Once tender, add the mushrooms, remaining 1 oz. of parsley, pancetta, and butter.
 - ⑩ Serve with the squash, pesto, goat cheese, and smoked onion jam, and garnish with micro thyme



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Calendar of Events

FALL 2018

If you are planning to celebrate Holiday Meals with your family at The Seasons, please respond to our receptionist in a timely manner to guarantee seating! We look forward to celebrating with you!

November

Thanksgiving Food Drive
Providing non-perishable food for needy families

November 20

Christmas Kick Off Concert
Mitten Tree in partnership with House of Hope, providing gifts for needy families

December 1

Tree Lighting

December 8

Family Holiday Brunch

December 31

Resident New Year Celebration

*If you or someone you know is interested in living at The Seasons, please call Lisa Toth for information. Admission packets are available.
401.884.9099*



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Celebrate life with us



IN THIS EDITION

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Out & About

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Calendar of Events

FYI @ The Seasons
FALL 2018

theseasons.org