

MPC Living

Margaret Pratt Community's Monthly Newsletter



January 2024



Happy New Year!

It's January, and the snow has finally fallen. As I gaze out of the second-floor window of our hilltop home, I see a crisp and clean countryside, a fresh vista that fills my eyes with the hope of new beginnings. As the snow falls, I'm mindful that each snowflake is unique. As they fall and float through the clouds, with different temperatures and moisture levels, they take on individual shapes, different characteristics and form...all beautiful and all unique.

Taking all of this in, I'm reminded of the beauty within each resident at Margaret Pratt Community, all uniquely formed as the legacy of family roots, and shaped by their paths of growth during the days of their lives. As their journey continues, now settled in the harbor that is Margaret Pratt Community, they take on a new form, much like fragile vessels in need of a tender touch, but also as wise and wonderful birds whose eyes have seen more than most of us can even imagine.

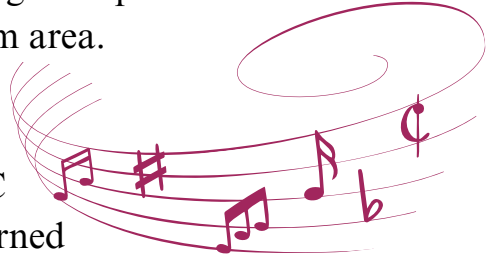
Those of us who have had the good fortune to arrive at this destination are also uniquely equipped to support those under our care. Our journey has brought us here. We should feel privileged to be under the wing of so many tried and true individuals worthy of our respect and humble service.

As Executive Director, I believe that where paths meet, even at a small hilltop community, destiny has been accomplished, and it is a reward for the ages. In this first month of the New Year, let's all look into our souls. Let's all set our gaze on the unique nature of destiny that is before us and that makes us whole.

Michael

Life Enrichment News

December was a long month with lots of holiday and winter activities. January will stay just as busy with a Cardinal Paint and Sip, two live concerts, and the return of the ever-popular Walmart shopping trips! We are also very thankful to Rev KellyAnn Donohue from the East Corinth Congregational Church for coming in to perform live services in our upstairs living room area.



Musical enrichment is key at MPC and we are so thankful it has returned after the Covid hiatus. Each month the resident services director hires a professional to perform but the residents are asking for more! We are looking for local amateurs and professionals alike to come play for us. Choral groups, strings, and instruments of all type are welcome (we have a keyboard!).

Looking to share your knowledge?

We are looking to bring new presentations into the community for added enrichment this winter. Our residents represent a rich and varied community with lots of



experiences. We welcome you to come share your slideshow about Alaska, bring a power point about your new book, share



photos of your new hobby and lead a lively discussion. In the past we've had history lessons, art shows, and sewing

circles, so come share your knowledge with us!

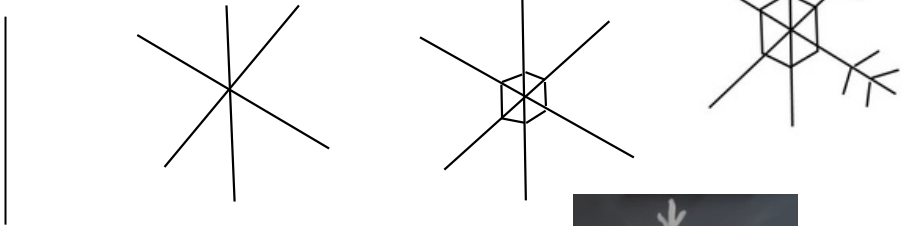
Contact Lindsay at 802-222-5554 if you have an idea of someone to come in, or if you'd like to volunteer!

Paint & Sip

If you're like us and love a Paint & Sip activity, follow along the instructions and paint your own snowflake, just like our residents did last month.

In general, a snowflake has 6 sides. For arts sake, they sometimes are seen with 4 or 8. 3 sides snowflake do exist in nature, though they are rare, even more rare are 12 side ones! For today, we'll stick with 6 sides ones.

- 1- First we draw a single line.
- 2- Then an X.
- 3- Next, connect the lines close to the center.
- 4- Now we draw the feather lines, close to the top, flick up on both sides. Follow suit, rotating your canvas.
- 5- We then add a second line right underneath.



This is the base. Now add color, dots or circles as you see fit.



Garden Club

The Garden Club is already looking ahead to summer as we are excited for our first full year with our new patio. The thoughts of summer flowers and fresh vegetables help get us through these dull grey days of January.

To ready the beds for the season we are looking for vermiculite and perlite to lighten our soil. If you have donations please contact Jamie at 802-449-0310



Kitchen Corner

The residents enjoyed eating these magic cookies with no flour or leavener that defy all the conventional wisdom of baking!

Paige's Magical 3 Ingredient Cookies

Ingredients:

- 1 cup peanut butter (natural, smooth, crunchy)
- 1 cup sugar
- 1 egg

Chocolate chips - optional

Mix all ingredients in a bowl until smooth using an electric mixer. (If adding chocolate chips - add now)

Depending on your room temperature, you may need to refrigerate for 10-15 minutes at this step.

Once firm enough to handle, roll into 2" balls. Flatten with a fork to create a crosshatch pattern or leave as is.

Bake in a preheated oven at 350 degrees for 10 minutes. Let cool briefly on the baking pan before moving to a cooling rack.



enjoy

Bulletin Board

Flu and Cold Season

As it is flu and cold season, we ask that during this time you please use the provided hand sanitizer on your way to visit residents. We do have masks available for anyone who wishes to wear one. If you have a planned visit and are not feeling well, we do ask that you stay home an extra day or two to feel better.

Upcoming Events

Stay tuned to this newsletter and our Facebook page about upcoming events. Workshops open to the public include Advanced Directives, Hospice vs Palliative care, and Arranging Your Affairs.

Be at Home Here

Are you local and looking to secure your spot at Margaret Pratt Community in the future? Contact Jamie to set up a luncheon to learn more!

jrogers@margaretpratt.org

(802) 222-5554



Word Search



U	M	K	I	I	M	A	G	A	Z	I	N	E	W
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PAINT

SNOWSTORM

KNIT

LIBRARY

EXERCISE

WINTER

NAILPOLISH

SEW

CARDINAL

SOCIALIZE

READ

SUNSHINE

BAKE

SNOWFLAKE

PLANTS

WRITE

CARDS

QUILT

MAGAZINE

NAP

BOOK

HAIRDRESSER

GAMES

