

# MPC Living

Margaret Pratt Community's Monthly Newsletter



March 2024

Years ago, while working in my first or second retirement community I was met by a cast of characters as colorful as the rainbow. As I recall, the days were filled with both the antics and achievements of the residents of this community, which is fine, it was one big happy family. With that said, however, there were definitely a few that tested the boundaries of sanity, so much so that I wrote a short story about them for a college course I was taking at the time. It was titled “Golden Fears,” and here’s an excerpt: Abby Bosworth Tisdale, widow of agricultural equipment magnate, Chauncey Tisdale, has been a visitor to Windemere Terrace a few times. Officially, by “visitor” I really mean infiltrator, because she is not related to a resident and actually, knows no one at Windemere. In her mind, she’s a refugee seeking sanctuary from the demons that lurk deeply within her. Unfortunately, each of her visits has resulted in either someone getting hurt or someone calling the police. Her mind is not right, and calamity typically ensues when she walks through the doors. The reality is that she has a medical health diagnosis of persecutory delusional disorder (PDD).

And the story goes on.

Now, I’m no writer in the real sense, but as I considered topics for this letter, I was reminded how important resident safety is to the staff at Margaret Pratt. In recent weeks we have replaced our paging system, and assessed and upgraded our door access security and security camera system. We will continue to enhance our systems and test our written policies to protect everyone. Thankfully, we have no Abby Tisdales among our residents. Still, many do struggle with physical challenges and should not need to suffer from the “golden fears” of interior or exterior threats to their safety. It is up to all of us to be their armor as they navigate each daily challenge.

So, let’s be mindful of trip hazards, clutter, unprotected food, wet floors, and anything that is potentially a health or fall risk. Let us all be on guard, staff and residents alike, and report any safety concerns that need to be addressed and corrected.

**Think Safety!**

Michael

## Life Enrichment News

March always brightens our energy as Spring is near! March is a busy month again with us celebrating two holidays- St. Patrick's Day and Easter. We will start off our month with sugar on snow! We have Coogie coming back to sing for us. We have some Spring activities planned such as a tea party, and getting our walking club restarted. We can't wait to get outside more when the weather allows for some sunshine and fresh air. We look forward to spending more and more time out on our wonderful patio as the sun begins to shine more.

### Fun at MPC



### Club News

The Garden Club will resume its season at the end of this month. Our first order of business will be to decide what to grow in our raised beds, and to test germinate what seeds from last year are viable. Residents are already discussing which flowers they want in the whiskey barrels! A request to keep the pink and white petunias will be granted for the welcoming boxes near the front entrance. We are still looking for one more bag of perlite if anyone has any.

## Meet the Staff

**Q:** How long have you been at Margaret Pratt Community and what is your role?

**A:** *As Sales and Marketing Director my job includes admissions, tours, events, outreach, and customer service. I assist with our Long Term Care Medicaid program as well as*

*advocate for residents with private long-term care policies. I've been at the community longer than the building has been open! I started in the job trailer in August of 2018 and watched the building be finished and have had the privilege of seeing it come to life as a true community.*

**Q:** Where do you live, where are you from?

**A:** *I grew up in South Royalton, Vt, spent some time in the NEK, and finally have settled down in Newbury. I have 3 chickens, 2 cats, and 1 dog plus my amazing daughter Jenna.*

**Q:** What is your favorite thing about the community?

**A:** *When I see the organic friendships grow, or how in times of sadness or need, everyone will pull together. During the pandemic, relationships changed for almost all residents and I witnessed the residents become one big family. I've seen how residents who don't get company are invited to join in with families who do come visit, or during prize bingo when someone wins something they know someone else wants so that they can gift it to them. Many times I've been astounded by the selflessness of residents to anonymously donate to some less fortunate residents or spend some of their budget on food for the food drive. It's a warm place to be and we truly are a family.*

**Q:** Fun fact about yourself.

**A:** *I truly do have family here, my own grandmother lives here! It's been wonderful knowing she's getting the care she deserves and being able to reassure her by my presence has been a huge comfort for her during this transition. My family and I celebrated my birthday last year in Grandma's apartment 😊*



*Jamie Rogers & family*

## Kitchen Corner

The residents and staff are enjoying maple season! Sugar on Snow, fresh doughnuts dipped in hot syrup, and roasted brussel sprouts with a drizzle of maple syrup are all rounding out the menu.

*Did you know all the maple syrup served at Margaret Pratt Community is made just up the road from us? Since the beginning we've used local producers, with our current batch having such come off the evaporator last week!*

### Maple Glazed Carrots

#### Ingredients:

- 1 ½ pounds Carrots sliced or left whole depending on size
- ¼ cup Butter
- 1/3 cup Maple Syrup
- ½ tsp Black Pepper
- Salt to taste



Place carrots in cold salted water and bring to a boil. Reduce heat and simmer on medium-low until tender, 10-20 minutes depending on size. Drain.

In a separate saucepan, bring melted butter to medium heat and stir in maple syrup until fully melted. Allow to bubble and boil as it will thicken a bit, add in the black pepper. Once it has reached a thickened consistency, toss the carrots into the glaze and salt to taste.



\*\*This glaze is also perfect for roasted squash, mashed sweet potatoes, or brussels sprouts.



# Bulletin Board

## **BYOR (Bring your own rake!) event**

While the residents do a great job of taking care of the flowers and the raised beds, the in-ground planting beds need some help!

**MPC will be hosting an outdoor volunteer day on April 21st to kick off National Volunteer Week.**

Starting at 10 am, please join us to weed, mulch, and clean up the outdoor space. We do have some tools but highly recommend bringing your hand rakes, garden tools, and gloves.

The MPC kitchen will host a BBQ for all volunteers at 12:30. We plan to work until 3 pm or when the work is done!

**Volunteers  
needed**



# Word Scramble



1. FORLEW \_\_\_\_\_
2. PRGSNI \_\_\_\_\_
3. EGNDRA \_\_\_\_\_
4. SNTRNATLAP \_\_\_\_\_
5. DELNSGEI \_\_\_\_\_
6. IIRS \_\_\_\_\_
7. IDOADFFL \_\_\_\_\_
8. ILUPT \_\_\_\_\_
9. SPLNTA \_\_\_\_\_
10. DSEWE \_\_\_\_\_
11. EINSHSNU \_\_\_\_\_
12. OBOLM \_\_\_\_\_
13. OPLNEL \_\_\_\_\_
14. EEBS \_\_\_\_\_
15. RIETTLFUSBE \_\_\_\_\_
16. NSAT \_\_\_\_\_
17. ORTANOIPLL \_\_\_\_\_
18. GWENKAAIN \_\_\_\_\_
19. ELNWREE \_\_\_\_\_
20. SSDEE \_\_\_\_\_



- 1.FLOWER 2.SPRING 3.GARDEN 4.TRANSPLANT 5.SEEDLING 6.IRIS  
7.DAFFODIL 8.TULIP 9.PLANTS 10.WEEDS 11.SUNSHINE 12.BLOOM  
13.POLLEN 14.BEES 15.BUTTERFLIES 16.ANTS 17.POLLINATOR  
18.AWAKENING 19.RENEWEL 20.SEEDS

