

MPC Living

Margaret Pratt Community's Monthly Newsletter



Greetings from MPC!

We have been outside and enjoying the sun and summertime temperatures. It amazes me how fast the summer months seem to go.

We have welcomed our new Director of Health Services, Jennifer Sackett-Vieira to MPC this month. Her office is on the 2nd floor and we are excited to have her years of experience and fun personality as part of our team. As we move into the fall months, we will have a variety of special events to look forward to.

A reminder to everyone that Covid-19 numbers are increasing. We love to have our visitors so please remember to stay at home if you are not feeling well, and if you think you may be coming down with something, please test yourself before visiting.

I will be away on vacation from August 18th-27th. Please don't hesitate to contact another manager in the community if you have any questions or concerns during that time.

Be well!

Gretchen

Kitchen Corner



Once again Chef Norma has been working very closely with 4 Corners Farm in Newbury, VT to source locally grown produce this summer. The residents have been feasting on pesto caprese salads featuring thick slices of fresh tomatoes, zucchini blueberry muffins, and bowls of traditional beans and new potatoes.



A Word From Our Health Specialists

HealthDirect pharmacy will be in this fall to do flu shots for the residents. We will have more details to come!



Life Enrichment News

Ari continues to come in twice a month to help us with our strength and balance. Her sessions have been well attended, and she has noted the significant progress many residents have made since she started working with them. She encourages residents to perform the same gentle stretches or seated leg exercises at any point during their day between sessions.



We are collecting white cotton pillowcases if anyone has extras to donate.

Fun at MPC

4th of July celebration



Baking Class



And much more...



Garden Club

The Garden Club was able to enjoy the fruits of our labor!



They harvested their first cucumbers and savored them on the patio. These cucumbers were started from seeds in March of this year. It was a wonderful celebration to have freshly harvested snacks after we finished weeding the garden beds and deadheading the flowers. The plants had a hard time acclimating to the drastic weather changes, but the group remains hopeful as the herbs make a comeback!



As you wrap up your garden season, please let Jamie or Kari know if you have any extra vermiculite or perlite that you are looking to rehome.

Walking Club

The walking group is getting stronger! Some residents have graduated to the big loop in the neighborhood while others are able to complete the front vestibule-sidewalk-garden loop without stopping. The residents should be proud of their progress. All visitors are welcome to do a loop and even, stop to smell the roses along the way.



Mark your calendars



Advance Care Planning

Wednesday, August 23rd, 6:30 pm, Margaret Pratt Community.

We're passionate about helping seniors live well through their entire lives. Advance Care Planning helps adults share their values, goals, and preferences regarding future medical care. This plan is critical as you age and is truly a gift you give your loved ones.

We'll Discuss:

- Considering and clarifying your values and goals
- Choosing a healthcare advocate
- Completion of the Advance Directive document
- Communicating your wishes to loved ones & others

RSVP by 8/21 on our website or contact Jamie Rogers
jrogers@margaretpratt.org or (802) 449-0310



Walk to End Alzheimer's

**Saturday, September 30th, 10 am at
Hanover High School.**

Support our team for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support and research.



**Join Our Team or
Help Us Reach Our Goal!**

<http://act.alz.org/goto/MargaretPrattCommunity>

Word Find

A B N R W P V A H Q P I C K L E R G
Q U T A O R W I M N O H S X F T A A
B F D S R E C F M S D A A F B P D R
L H J P M S O N I C U A T R J J I D
U Y C B S E M T B U U M B Y V Q S E
E Q E E W R P O X C B C M S L E H N
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R S Y P S G G O R H U B A R B E I R
Y U Z I S Q U A S H O B E A N S R K
V H L E C A N N I N G G S D F S C E

Words are hidden → ↓ and ↘ .

SOIL
SQUASH
SUMMER

TOMATO
WORMS
PIE

CANNING
COMPOST
CUCUMBER
GARDEN
HARVEST
PICKLE
PRESERVING
RADISH
RASPBERRY
RHUBARB
BEANS
BLUEBERRY

