

MPC Living

Margaret Pratt Community's Monthly Newsletter



June 2024



June is a beautiful month in Vermont, not only for the amazing splendor of nature, but because it is a month when we honor our employees for their devotion and hard work. Nationally, this week is called Nursing Assistant Week, but because the entire staff works as a team to provide services to our residents, we decided to dedicate the week to all employees under the title of Healthcare Staff Week.

I thought, instead of writing a fluffy piece about rainbows and unicorns in the workplace, that I'd share a dose of the reality of the work these employees complete daily.

Behind the smiles, what is their job really like? What happens behind the scenes? Once you know, you'll understand why we are so proud of our team and why they deserve to be honored with a week of special food and gifts.

In the kitchen...let's start with the Kitchen Assistants and the sink garbage disposal that needs routine cleaning to prevent the odor of rotten food. Then, let's imagine standing over the greasy grill and scrubbing it down to prevent build up of oils and grease. That grease, and food debris ends up on the floor too, so the entire floor must be cleaned and mopped everyday...no easy task! Let's not forget the staff member, who is often unseen, standing over the hot dishwasher every meal to sanitize and wash the dishes of three meals a day.

Speaking of food, how about our dynamic team of Resident Services Assistants who hustle here and there to prepare table settings, take resident meal orders, pass orders, plate orders, dish desserts, grab beverages, and deliver resident meals. Amazing that they keep it all straight! And deliver it hot! All with a smile and energy to spare. On to the next job... *(continues on page 2)*

Which is...Clean the building! Yes, along with their dining room responsibilities, they are cleaning surfaces, vacuuming carpets, and mopping floors, and those are the “clean” cleaning jobs. Do I need to mention the disgusting nature of the work they complete in resident bathrooms every day? Bless their hearts, I say!

Last but not least are the Health Services Assistants. They’re here 24 hours a day! I don’t know if any of you have worked a consistent schedule of overnight shifts, but it is a grind. It messes up your whole day because the human body was not created to work when the moon is out. Not only do these staff members watch over residents while they sleep, but they are busy cleaning and completing clinical tasks to prepare residents for the day shift employee’s duties.

And what are those duties? Empathy, keen observation of clinical changes, accurate and thorough documentation, careful attentiveness to medications and safety protocols, and a “Git-R-Done” attitude toward changing sheets and bathroom attention. Oh, and about three hundred laundry loads a day....

All in all, Margaret Pratt Community owes a huge THANK YOU! to our staff, this week and every week!

We greatly APPRECIATE the job you do for our residents!

Michael

Kitchen Corner

As we are enjoying a full house, we kindly ask that you make your reservations at least 24 hours in advance, and even earlier for larger parties if possible. Your server will provide you with the acknowledgment form, and payments can be made by cash or check.

Here are the meal costs:

Breakfast: \$13

Lunch: \$18

Dinner: \$13



Club News



We've successfully transplanted our tomatoes and hope to get the peppers planted next week, they were slower than expected. Our basil is coming along fantastic in this heat and our carrots are popping up nicely. The cucumbers are flowering, and we're excited for the next steps. Mary Ann, Connie, Bunny, and Sherri have been an integral part of this process and do a great job of getting their hands dirty and showing up each week- no matter the weather! Connie has been watching over the herbs and soon we'll be able to have fresh herbs in the kitchen.



Please make sure to let one of these four know how lovely the flower boxes and whiskey barrels look if you see them.

Weeding volunteers are always welcome! Please feel free to check in with Jamie, Mike, or Fred about where we could use extra hands.

Life Enrichment News

June was a busy month! We proudly celebrated Aivree Bruce and Megan Carlan, dedicated staff members, who graduated from Oxbow High School. Congratulations, Aivree and Megan!

Health Services week was a highlight, honoring our hardworking and devoted team with a series of exciting activities and delightful treats. Everybody enjoyed the horse and wagon rides, and the month culminated in a lively music session with the Boyz and MPC's Annual Strawberry Festival.

If there are any suggestions or ideas that residents, families, or community members would like to see, please let us know!!

Meet the Staff - Megan Carlan

This month we share an excerpt from Megan's graduation speech, highlighting the impact of kindness and small acts.

“I may not have claimed the titles of valedictorian or salutatorian, but I recently reached a notable milestone: a raise at work. Navigating through the review process at Margaret Pratt Community, our local elderly care facility, I found myself reflecting on the feedback received on my work ethic. Instead of anticipated comments like “child prodigy when it comes to scrubbing toilets”, I was met with a simple acknowledgment: “thanks for making the residents smile!”



This seemingly modest accolade validated my personal philosophy. Impact transcends magnitude; it hinges on scale. As one of my teachers once said during a hike up Camel's Hump, impact is not about size; it's about scale. Through this lens, the influence of a teacher upon a classroom can rival that of a national leader upon their country. Oxbow has been our scale throughout the past years. As we transition to new settings, our potential for impact remains equal.

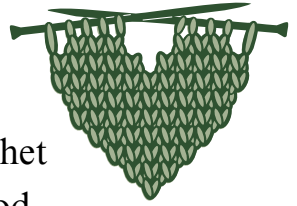
Showing up makes an impact. You do not have to be extraordinary to make someone smile. Kindness gives you the greatest leverage to make change. At Oxbow and Margaret Pratt, I've tested how far kindness can take you and how much of an impact you can make on a small scale. Today, I stand here knowing that through phrases like “thanks for making the residents smile,” it has truly paid off.

So, as we move forward, let's remember that our actions, no matter how small, can create ripples of positive change. And finally, if you have the ability to, go see your grandparents. They love you.”

Bulletin Board

📌 Donations

We have a big group of knitters and crocheters looking to work on a group project. If you have any needles or crochet hooks we would love to give them a good second home.



Do you have any red and white check picnic table cloths? Maybe some blue or green ones? We'd love to add a few more to our collection!

📌 Parking



Please remember to not leave your car parked in the circle for very long when picking up or dropping off a friend or relative at the community. We need to leave this path clear for loading and unloading others, and in case of emergency an ambulance may need to be able to get through.

Fun at MPC



Fun Facts - Strawberry Edition

1. On Average, there are about _____ tiny seeds on every strawberry
a) 25 b) 100 c) 200 d) 500
2. Strawberries are the highest in which vitamin?
a) Vitamin A b) Vitamin B6 c) Vitamin C
3. Which state produces the most strawberries in the United States?
a) Ohio b) Florida c) Colorado d) California



Strawberry Nutrition Facts

1 cup strawberries = about 8 large strawberries

Total Fat 0g

Sodium 2mg

Dietary Fiber 3g

Sugars 7g

Protein 1g

