

Lincoln Hill Manor Newsletter

Fall 2011

53 Lincoln Street, Spencer, MA

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Friends and Family Picnic

The annual *Friends and Family Picnic* held on July 30th was a great success. Friends and family members of Lincoln Hill responded with a record turnout ---over 100 guests attended. The weather was sunny and all ages enjoyed the live music, food, and games. Residents took special pleasure in sharing their family and friends with each other throughout the afternoon.

Special thanks to our cook Patti Iannicheri for creating a wonderful assortment of delicious food and to the many staff who contributed extra hours to planning for this event. New administrators, Waqar and Sadaf Tajuddin and their three children attended along with special guests Bill and Carolyn Lavallee.



Emergency food, water, batteries, flashlights and cell phones were in place. Medications were given on time even in the cellar. Only dinner needed to be delayed by one hour until the storm passes...and it did pass us by. Neighboring towns were not so fortunate.

Much credit goes to our efficient and loyal staff. The safety of all residents was the highest priority. The next day many residents responded with relief that they had "quite the adventure!".

Food for Thought

The *new* Spring/Summer menu is up and running or should we say cooking. The goal was to improve upon the variety of meals, increase nutritional value and make them taste delicious. Here are few ways we hope to accomplished our goals:

A new and revised menu. We spent countless hours listening to suggestions from residents and staff and then consulted with the nutritionist.

We greatly increased the amount of fresh fruits and vegetables we will be serving. In fact, residents and staff have also planted vegetables and herbs.

A local farm has agreed to provide us with fresh locally grown vegetables throughout the season at a discounted price. Special thank you to Petruzzi's Farm in East Brookfield.

We searched for new recipes and kept some of our best-loved favorite dishes. Less prepared food and

Tornado Tales

Living in New England we frequently hear that storms are coming our way. On June 1, 2011 at 4:30 p.m. we received a reverse 911 from our local Emergency Services in Spencer. They instructed to take all necessary precautions to find shelter in the basement or interior hallways.

Staff Deb Pepe-Aziz, Patti Iannicherri, Justin Derosier and Sara Iannicherri responded quickly and efficiently. They followed our emergency procedures by assisting all residents down to the cellar in the main house or into the interior hallway in the Annex. All residents remained calm and cooperative.

We hope everyone enjoys the results. Let us know what you think.

“Armchair Travel”

The Activities Director, Annie Wuelfing, organized several picnics this summer to the lake, and various other outings as well with her cadre of volunteers. In addition, she got the Lincoln Hill Manor residents to "travel" across the Atlantic without even leaving their armchairs!



Egypt

In March, resident George Sweeney narrated a remarkably well preserved video compilation of his many trips to Egypt, where he lived and worked for months at a time as an Engineer in the 1950's. With expert photography, George explained the housing, clothing, artifacts and food and shopping habits of the day. We learned about papyrus, and felt a leaf in its primal form. We marveled at the clarity of the pyramids against the bright blue sky, while enjoying some hummus, varied olives, and beverages typical to northern Africa.

Pakistan

In April, both residents and staff enjoyed getting to know Sadaf and learning about her and Waqar's homeland of Pakistan. We were enthralled to try on some of her festive wedding garment, and touch the handmade quilts, beautifully designed with numerous sequins and following pleasant color harmonies of soothing purples, sea-greens and soft gold. Nearly all of us ate several plates of garbanzo potato salad, homemade "crackers" and sauces both mild and spicy, tea and other foods. We viewed

photos, jewelry and other interesting items, and watched a video of Sadaf and Waqar's wedding, which prompted much interaction of questions, laughs, and shared memories.

West Virginia

In May we watched a brief DVD of pictures of my recent trip to West Virginia, where Peter and Annie lived upon getting married, and where their two children were born. We enjoyed the views and music of "mountain life" in the Appalachian mountains in the bustling university/coal mining Morgantown region.

We will be continuing our Travel/World Culture days and thank all who participated by offering their presentations and for hearty attendance! We may be going to Italy next!

Volunteers at Lincoln Hill Manor

We are pleased to welcome four new volunteers to Lincoln Hill Manor. They are Connie, Robin, Shirley and Pauline. The volunteers participate in many activities with our residents and there is lots of visiting going on as well.



One of our extra special volunteers is Ray Bosse and his dog “Buddy”. Buddy is a lovable and energetic miniature Schnauzer. Ray has been bringing Buddy to visit us for several years now. Buddy knows his way around Lincoln Hill Manor and brings a smile to all our faces. Thank you Ray.