

March Birthdays

Donna
March 14

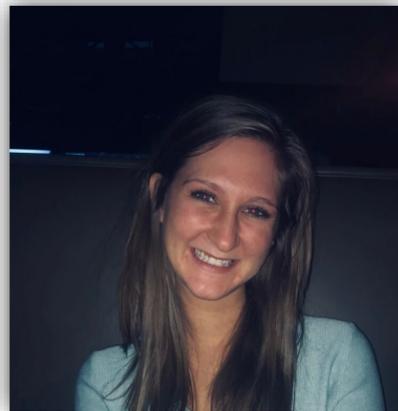
Resident of the Month

Our resident of the month is Miss. Charlene. Charlene was with her husband for more than 40 years and together they had six kids together! YES! SIX! Charlene worked at Hope Center for most of her life teaching computers and cooking. With this, Charlene helped her students open a catering company! On the side Charlene and her husband would drive the yellow taxi cabs. Charlene lived an exciting life and says she always had a good time with Pete. She has even sung around town, one of the most popular places she performed at is Club Hollywood.

Thank you Charlene for sharing your life and continuing it her Fountainview of Portage. We love you!



Employee of the Month



*Congratulations
Miranda Perry!*

Fountain View of Portage would like to thank you for all your hard work! We appreciate you.

UPCOMING EVENTS

Employee Appreciation Day – March 6
St. Patrick's Day with Party – March 17 3:00PM
Pet Therapy- EVERY MONDAY
Family Council- **May 11** 6:00-7:30PM

INSERVICE

Residents Rights – March 12 2:00PM

FOUNTAIN VIEW BUZZ

March 2020



Fountain View of Portage
7818 Kenmure Dr
Portage MI 49024

SPRING IS AROUND THE CORNER!!

This month keep your eye out for our new Dining Room outfits! You will be able to differentiate between dietary and everyone else!

ALSO! Take a look at our calendar to see we now will be having Pet Therapy every Monday. The benefits of Pet Therapy go far and beyond and you can learn more on the next page. Enjoy this month's newsletter!

Don't forget to like our Facebook page to see what we are up to and all the fun we are having at Foutainview of Portage!



Kimberly Barber
Administer

Chris Milowe
Regional
Operations
Director

Kasheema Johnson
Resident Care
Manager

Alexsis Alexander
Resident Care
Manager

Korah Wilson
Resident Care
Manager

Miranda Perry
Life Enrichment
Director

Maria Spinelli
Office Manager

Chad Slater
Maintenance

Janet Gardner
Dietary Manager

Emma Williams
House Keeping
Manger

Benefits of Pet Therapy

Bullet Points from www.asccare.com/pet-therapy-for-dementia/

- **Reducing agitation and negative behavioral expressions.** One study conducted in 2002 revealed that after residents spent time with a dog in the Alzheimer's center within an assisted living community, they experienced fewer moments of upset and other behavior changes throughout the day.
- **Improving nutrition.** After visiting with an animal, another study showed residents ate more and actually started to gain some weight over time. As an added bonus, these residents required fewer nutritional supplements which reduced some of the costs associated with their care.
- **Boosting physical activity levels.** Simply stroking fur, tossing a ball, or going for a brief walk are all ways animals improve the level of activity an individual with dementia can participate in daily.
- **Easing feelings of loneliness and depression.** The soothing presence of a pet provides the companionship and unconditional love so many seniors crave. It's difficult to stay angry or anxious when a pet looks at you with a goofy grin, or nudges your hand asking to be pet.



Every Monday afternoon we have Pet Therapy. Here are a couple pictures of our Therapy Dog Brando!

Of course there is our mascot dog as we like to say, Bruno. Who visits his grandma every day. Stop in some time and say hi!

March's Fundraiser-Candygram

This month for St. Patrick's day we will be selling candy grams for \$2. This will go toward bettering our community!

These will be delivered on St. Patrick's Day during our party and include a bag of goodies!

Look out for our future BIG Fundraiser including cookbooks!



Enjoy the insert of JOY, A Meditation

St. Patrick's Day Recipe:

Irish Bacon and Cabbage Soup

½ pound Irish bacon, diced

2 large potatoes, peeled and cubed

1 (15 ounce) can diced tomatoes with juice

1 cup chicken stock, or as needed

Salt and black pepper to taste

2 cups thinly sliced dark green Savoy cabbage leaves



Directions

Step 1: Place bacon in a large, deep stockpot or saucepan. Cook over medium high heat until evenly brown. Drain off any excess fat.

Step 2: Stir in potatoes, tomatoes, and enough chicken stock to cover. Season with salt and pepper. Bring to a boil, reduce heat and let simmer for 20 minutes, or until potatoes are tender.

Step 3: Stir in cabbage and allow the soup to simmer for a few minutes longer before serving.