



ELMCROFT OF CHIPPEWA

Senior Living & Memory Care

104 Pappan Business Drive • Beaver Falls, PA 15010

Phone 724-891-3333 • www.ElmcroftAL.com

Resident Spotlight



Jennie Parkhill

Please help me in welcoming Jennie Parkhill to Elmcroft. Jennie has been a part of the Elmcroft community for about two months now and she is an absolute delight to be around.

Jennie comes to us from New Brighton, PA, where she lived all of her life. She was married for 56 wonderful years to Larry and together they had one son, Kent, who is married to Marcie. Jennie's husband, Larry, worked as an electrician at Westinghouse. She is also the proud grandmother of three grandchildren: Jason, Brett and Brooke. She also has four great-grandchildren!

Jennie has volunteered at many different places for about 30 years. She speaks highly of her experiences at Friendship Ridge, the Lighthouse for the Blind, YMCA Auxiliary, and as the Judge of Elections. She also stayed busy working as a homemaker. The First Methodist Church in New Brighton was where Jennie attended for many years.

Jennie's favorite flowers are roses, she loves the Gaithers band, and her most cherished holiday is Christmas. Jennie also loves lemon pie and good music. She has great memories of going on trips to the mountains and staying in her cottage.

Please take some time to get to know Jennie. Her smile is contagious and she'll even make you laugh.

Snack Sense Recipe



Cherry Muffins

In celebration of Valentine's Day, I thought we should prepare a recipe using cherries. This muffin has great flavor from the combination of almond extract, cinnamon and cherries.

- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 2 cups flour
- 1/2 cup sugar
- 3/4 teaspoon cinnamon
- 1 cup coarsely chopped fresh or frozen cherries
- 1/2 teaspoon almond extract
- 1 large egg
- 1 cup milk
- 1/4 cup melted margarine

Line 15 muffin cups with paper liners. Heat oven to 375 degrees. In a medium bowl, combine salt, baking powder, flour, sugar and cinnamon; add cherries and stir gently to blend. In a separate bowl, whisk the egg, flavoring and melted margarine until well blended. Stir egg and milk mixture into the dry mixture. Fill muffin cups about 2/3 full. Bake cherry muffins for 20 to 25 minutes and enjoy!



Community News

Flower of February: African Violet

Botanical name: Saintpaulia

Description: Five-petaled blossom with velvety feel. May be plain, ruffled, fringed, scalloped, spooned or pointed in shape

Colors: Blue, purple, red-violet, pink, lavender and white in solid, bicolors and multicolors

Meaning: Faithfulness, virtue

Facts: Baron Walter von St. Paul discovered the plant in Tanzania in 1892. It is extremely popular as a houseplant that blooms almost continuously with proper care.



Go Red for Women

February is National Heart Month, and the American Heart Association focuses on women and heart disease. Wear Red Day (the first Friday in February) is designated to increase awareness of cardiovascular diseases that claim the lives of nearly 500,000 women each year.



February Happenings

- **Feb. 4:** Chef Gloria at 1:30 p.m.
- **Feb. 8:** Gene Testa at 2 p.m.
- **Feb. 11:** Ernest Papay at 3:15 p.m.
- **Feb. 15:** Joe Diamond at 2 p.m.
- **Feb. 18:** Mt. Olive Pre-School Valentine Exchange at 11 a.m. and BINGO at Lutheran Village 2-4 p.m.
- **Feb. 24:** Larry Pyle performs at 6:30 p.m.
- **Feb. 25:** Mardi Gras FAMILY NIGHT at 6 p.m. with entertainer Trina Janura



There are a lot of other activities happening in February other than music entertainment. Every Friday, we will have “Out to Lunch” at 11 a.m. This is a great time for residents to socialize with one another and experience the wonderful food in Beaver County!

Also on the agenda are trips to Walmart every Wednesday, Bingo trips to Lutheran Village to see our friends, and different games will be played during the afternoons to help us get to know one another better and to stay active as well.

Family Night

We would like to invite you to our February Family Night, which will have a Mardi Gras theme! It is being held on **Friday, Feb. 25, at 6 p.m.** at Elmcroft. Our entertainer for the evening will be Trina Janura, who comes to us from West Virginia. With good food, fellowship and entertainment, you won't want to miss this! Hope to see you there!



Scrapbook Suggestion: Involve the Family

Scrapbooking doesn't have to be a hobby you do on your own. Even if other family members don't share your passion, you can still involve them by asking for their opinions and suggestions. For example, invite the person who is the focus of a sports page to provide quotes about why he or she enjoys that activity. Or ask the person who took a particular photo why he or she wanted to capture that moment. Suggest that family members journal their comments into the scrapbook's pages to add special meaning you'll cherish in the future.



Residence Director's Notes

Show Some Heart

During February, the month of love, women around the world get showered with attention. The American Heart Association also turns its attention to women this month. The group focuses its efforts on Go Red for Women, an educational campaign to raise awareness of heart disease among females. Did you know heart disease is the No. 1 killer of women in America? With startling statistics such as this, it's obvious women should take a stand and start living a heart-healthier life.

You can help in the fight against heart disease. Consider these options:

Join in activities. Participate in activities already going on, such as special luncheons and presentations. Log on to www.GoRedForWomen.org for a list of "Red Around Town" fundraising events.

Wear your support on your sleeve. Don't forget to dress in red on National Wear Red Day as an outward sign of your support.

Shop the Go Red Store. From jewelry to duffel bags, check out the goods offered online with the signature red dress emblem. All net proceeds from sales support the Go Red for Women movement. Log on to www.ShopHeart.org and "shop 'til your heart's content."

Make a monetary donation. Donations to Go Red for Women benefit the American Heart Association in funding research into the causes, diagnosis and treatment of heart disease.

This Month in History: February

1690: America's first paper money is issued in the colony of Massachusetts.

1829: Levi Strauss, creator of the world's first pair of jeans, is born in Germany.

1879: French sculptor Frederic Auguste Bartholdi obtains a design patent for the Statue of Liberty.

1898: Travelers Insurance Co. issues the first car insurance against accidents with horses.

1910: The Boy Scouts of America is founded by Chicago publisher William Boyce.

1930: Pluto, the solar system's ninth planet, is discovered by astronomer Clyde Tombaugh; its planetary status is revoked in 2006.

1933: The first issue of "Newsweek" magazine is published.

1941: President Franklin D. Roosevelt establishes the USO (United Service Organizations) to provide worldwide morale and support for U.S. military men, women and their families.

1964: The Beatles land at New York's Kennedy Airport for their first American visit.

1983: The final episode of "M*A*S*H" airs with a two-and-a-half-hour finale.

2001: Two astronauts from the space shuttle Atlantis take NASA's milestone 100th space walk.



Dear Friends and Families:

I would like to thank everyone who came out to our January Family Night, a Celebration of Italy. Each family night this quarter will feature a theme from our "Ports of Call." February's theme will be Mardi Gras as New Orleans is the February port. We'll enjoy some great entertainment and spicy snacks. The event will begin at 5:30 p.m. on the 25th. Brighton Pharmacy will be here to speak to residents and families about a program they offer to package over-the-counter medications. It is both convenient and cost effective. Prior to the start of the entertainment, I'll be talking about our Heartland Village expansion. We'll review the plan and I'll answer any questions you may have at that time.

By now, everyone has had time to adjust to our new name, Elmcroft of Chippewa, Senior Living. This change does not affect our licensing or operations; we remain licensed as a personal care home. We can no longer use the term, "assisted living" since the Department of Public Welfare has implemented new assisted living regulations. If you have any questions regarding this matter, feel free to give me a call.

Hope to speak with you soon,
Susan Leise
Residence Director



ELMCROFT OF CHIPPEWA

Senior Living & Memory Care

104 Pappan Business Drive • Beaver Falls, PA 15010

Phone 724-891-3333 • www.ElmcroftAL.com

Our Mission

Senior Care is dedicated to enriching the lives of the individuals who live and work with us by responding to their unique needs and universal desire for dignity and respect.

Elmcroft is managed by Senior Care, Inc.
Comments and suggestions are always welcome.

Board of Directors

Susan Leise, Ext. 1900

Residence Director

Lisa Albertini LPN, Ext. 1925

Health Care Director

Marti Aiken, (724) 891-7392

Healthy Lifestyles Director

McKenzie Crowell, Ext. 1901

Community Relations Director

Steve Crawford, Chef, Ext. 1911

Dining Services Director

Jan Pawlos, Ext. 1920

Business Office Coordinator

Dave Dacko, Ext. 1914

Maintenance Director

Word of the Month

Love

A choice, not a feeling.

Unconditional.

Taking action.