



FEBRUARY 2011

Farm Fresh



Beginning with the first fresh crops of the season and all summer long, residents at Collingswood will enjoy locally grown fruits and vegetables.

The center is proudly joining the Sandy Spring Community Supported Agriculture (CSA), a farming consortium of more than 75 farmers who provide local consumers with herbs, vegetables and fruits.

Each week, Collingswood will pick up a share of harvested vegetables, fruits and herbs to bring to the center. It will then be incorporated into the weekly menus and activities.

The program will begin on a small scale to see what the residents like and need. With the more unusual items, there will be cooking demonstrations and other educational activities throughout the week.

“Everyone benefits from eating the freshest produce and local farmers get added customers,” says Collingswood Dietitian Joyce Geer.

A few examples of what is to come: red leaf lettuce, radishes, asparagus, new red potatoes, garlic, red and yellow tomatoes and peppers, okra, straight neck squash, sweet basil and Lacinato kale. Nearly all of the produce is certified organic and many varieties are not regularly found in large grocery stores.

Super Sunday

February 6th is the big day for football fans. Superbowl XLV will take place in Dallas, Texas this year between the Pittsburgh Steelers and the Green Bay Packers. The 4 ½ decade tradition began on January 15, 1967. It was played as part of a merger agreement between the NFL and its then-rival league The American Football League (AFL). The Green Bay Packers won the game.

Three years later, the two leagues merged and the new NFL had two designated conferences. Since then, the top teams in each conference battle it out for bragging rights and the Vince Lombardi Trophy each year. Vince Lombardi was the winning coach of the first super bowl.



According to Wikipedia, Super Bowl Sunday has the highest food consumption for one day after Thanksgiving. See this issue’s recipe for a healthful meal that will not damage the waistline. Go Team!

Check It Out...

Be sure to visit our new website at www.collingswoodnursing.com and let us know what you think!

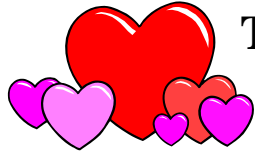
Inside this issue...

- Super Sunday Recipe*
- A True Romance*
- RN’s in the Family*



FEBRUARY 2011

Resident Spotlight... True Romance



Her love story is inspiring, especially as we near Valentine’s Day. When Sarah Moskin met the man of her dreams, she knew it and just 16 days later, she married him!

“During the War, you didn’t waste time. The future seemed very vague at times. If you had special feelings for someone, you acted on them,” she recalls. “He was a handsome, wonderful man and I was lucky to have



sixteen loving years with him.”

Her husband passed away from cancer but not before he and Mrs. Moskin had 3 daughters and a son. She did not remarry.

“I could never have found someone who measured up to him,” she says fondly.

A New York native, she was the first in her family to attend college (U. of Maryland). With a degree in accounting, she worked for in importer and later established her own coffee importing company.

Mrs. Moskin says her greatest treasures in life are her children and grandchildren. “They are the best investment I ever made!” she says.

Employee Spotlight... An RN in the Family

Hylarion Doue is not new to nursing. He has been caring for seniors for many years. What is new for Hylarion is the letters on his nametag. They now read: RN/BSN. Last month, after completing an 18-month program at Mountain State University, he received his nursing degree.



The course work came easily to him but the program had a downside.

“Getting there was the hardest part,” he says. “Travelling to West Virginia in bad weather was no fun!”



The clinical training was his favorite part because he says, “I learned something new every day and it was great.”

Nursing runs in Hylarion’s family. His brother is a nurse at Walter Reed and his dad is a nurse at Washington Hospital Center. He chose elder care for two reasons.

“The best part about my job is knowing that I am helping to get them well and ready to go back home. And I know I will need help some day so I know how important my work is,” he says proudly.





FEBRUARY 2011

Message from the Administrator



2011 is off to a great start! I am very proud of the hard work from the entire Collingswood staff. Our commitment to resident care is vibrantly clear every day. It is very gratifying to work with such a dedicated team.

As always, my door is open for any feedback. Our goal is, and always will be, to better the lives of those people we touch.

Sincerely,

Kathy Catucci, RN, LNHA

The Career Gateway

Montgomery County residents over 50 can now turbo-charge a resume, hone interviewing skills, discover the hidden job market, and develop a personal job-search plan. A new program features small classes, a long-term mentor, 30 hours of intensive training over two weeks, valuable take-home materials, and a choice of session: February 7, March 7, April 4, May 9. \$75. Call 301-255-4200/4215 or email JCAUniversity@AccessJCA.org. Classes meet at the Jewish Council for the Aging, 12320 Parklawn Drive, Rockville.

Healthier Superbowl Recipe

Andouille Sausage and Bean Stew

- 1 lb. dry pinto beans
- 1 T peanut oil or canola oil
- 12 oz. andouille sausage, diced
- 3 slices bacon, chopped
- 2 cups diced onions
- 2 cloves garlic, peeled and smashed
- 1 C. diced red bell pepper
- 1 C. diced green bell pepper
- 1-3 t. minced serrano or jalapeño peppers
- 1 t. smoked paprika,
- 4 large ripe plum tomatoes, seeded and diced
- 8 cups water
- 1 t. salt
- ¼ t. freshly ground pepper
- 2 t. freshly grated lime zest
- Juice of ½ lime

Rinse beans under cold water. Place in a bowl, cover with 3 inches of cold water and soak for at least 6 hours/overnight. Heat oil in a large heavy casserole or stew pot over medium heat. Add sausage and bacon and cook, stirring occasionally, until the bacon is almost crisp. Remove with a slotted spoon and set aside. Add onions and garlic and cook, until soft and lightly brown. Add bell peppers and chili peppers to taste and continue to cook, for about 3 minutes. Stir in paprika. Add tomatoes and cook about 2 minutes. Drain and add beans and 8 cups water into the pot; bring to a boil. Reduce heat and simmer, uncovered, for 1 hour. Stir in the reserved sausage and bacon along with salt and pepper. Continue simmering for about 30 minutes more. Stir in lime zest and juice. (Andouille sausage can be found in many grocery and specialty stores.)



Happy Valentines



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Editor's Note

Keeping a positive attitude in the dreary winter months can be a challenge for many of us. Anxiety about bad weather, power outages and heating bills can be overwhelming. It seems to me that the best and only solution is distraction. Starting and indoor project, catching up on old movies, organizing a few closets, and writing overdue letters are all productive ways to spend icy cold days.

No one should wish time away, but staying active, both mentally and physically will help the time go faster until before we know it, the daffodils will be in bloom.

All the best for a happy, healthy and busy February!

Sincerely,

Trish Evans
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Winter Car Travel Safety

There are things your car should not be without during potentially bad weather. Obviously, avoid driving during bad weather if possible, but if car travel is absolutely necessary, be sure to have the following:

- *Have a blanket and extra pair of gloves easily accessible.
- *Keep a small snow shovel in the trunk.
- *Safety flares are very important in order to be seen when there is low visibility.
- *Try to have plenty of gasoline in the tank when setting out in case of extended traffic jams.
- *Be sure the car battery is properly maintained.
- *Pre-program the local radio news station so it is easy to find and be kept abreast of changing weather conditions.