



NOVEMBER 2010

### Halloween Fun!



To be sure, residents and staff always celebrate special occasions in style! Helen and Kelly from the Activities Team donned their Halloween finest for a day of tricks and treats. Even our favorite pet visitors took part in the fun.

Our residents were treated to a visit from more than sixty costumed school children who sang, fun and of course, candy!



Inside this issue...  
*Trish's Roasted Veggie Ziti*  
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*Fall Clean-up Reminder*

### A Day to Remember

It began with President Woodrow Wilson's 1919 proclamation that America would celebrate a national holiday on November 11.



*"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."*

Nearly fifty years later, a store owner from Kansas rallied to have the day honor all veterans and in 1954 President Dwight Eisenhower officially changed the name from "Armistice Day" to Veterans Day.

It is a day to remember those who have served or are currently serving in our armed services. Nearly every American knows someone who deserves to be honored on this special day.

At Collingswood, this day holds special meaning and will be celebrated with activities of remembrance. Please check with the staff for more information. Be sure and take time to say thank you to the veterans in your life.





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### Resident Spotlight... Sweet Home Alabama



He calls it home even though Mr. Clemmie Tindell, “Mr. T.,” hasn’t lived in Alabama for many years.

“It is beautiful in the South. The land is beautiful and the girls are beautiful, especially my wife,” he says with smile.

More than fifty years ago, Mr. Tindell left his beloved state and headed to New Jersey for work.

“We had a big family and the government put restrictions on how much farming we could do. I had family and a job in New Jersey, and that is where I went,” he adds.



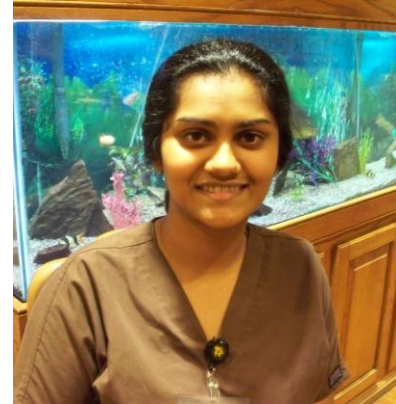
It was there he saw his first-ever snowfall. He explains that the roads were so bad, he had to get an escort to help him through the center of the city.

He worked in a diner, a factory and eventually owned his own flooring and delivery company. Mr. T has a son, a daughter and six grandchildren.

He says he likes living here, but would prefer the warmth of Alabama. Considering January in Maryland, he has a point! Mr. Tindell brings all of his southern warmth to Collingswood.

### Employee Spotlight... From Mumbai to Miami

For the past four years, Jinu Jose has lived in the United States going to school and working as a Geriatric Nurse Assistant at Collingswood. Before then, Jinu lived in Mumbai, India with her family.



“I like it here. I have much more independence to work and pursue my education,” she says.

Jinu attends Montgomery College where next December, she will earn her RN degree. She says nursing is in her family.

“My mom is a nurse and I have always wanted to be a nurse to help care for the elderly,” she adds.

With full time work and full time school, Jinu doesn’t have much time for hobbies, but says she would like to travel. Where? Miami Beach and Disney World! One trip she has planned is to visit her sister in Abu Dhabi over her spring break. We will look forward to hearing about her trip.



Best wishes to Jinu for her continued dedication to her Collingswood residents and her schoolwork!



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### Message from the Administrator



Thanksgiving is just around the corner and it is a time for us to join together and enjoy our families. My family has been blessed with a beautiful granddaughter and we couldn't be happier!

Our Collingswood family is growing every day. Even though many people come here for short-term rehabilitation, they can't help feel the sense of belonging during their stay in this special place. Our staff's sense of family is contagious!

I wish you the happiest of Thanksgiving holidays!

Sincerely,  
Kathy Catucci, RN, LNHA

### Fall Clean-Up



The change of season is always a good time to de-clutter and switch out the summer wardrobe with the fall and winter clothing.

Uncluttered Gently used articles can be donated if no longer needed. Collingswood would gladly provide boxes and donation ideas for any items that residents no longer use on a day to day basis. This applies to books, magazines or other items. Thank you for taking a few minutes and helping us keep Collingswood's resident's rooms in ship shape!

Happy Thanksgiving!



### Trish's Latest Recipe Roasted Veggie Baked Ziti

- 1 lb. ziti pasta
- 2 medium red peppers
- 2 medium green peppers
- 1 yellow squash
- 1 head broccoli crown
- 1 cup fresh mushrooms (opt.)
- 2 large minced garlic cloves
- 2 C part-skim ricotta cheese
- 2 C part-skim mozzarella cheese
- 1 beaten egg
- 2 T. olive oil
- 1 ½ t. black pepper
- 1 t. salt



Cut veggies into bite-sized chunks. In a large bowl, toss veggies in the olive oil, pepper and garlic. Spray a large glass casserole dish with non-stick cooking spray. Preheat oven to 425. Cook pasta as directed on the package. Spread the veggies in the dish and roast for 8-10 minutes. Savor the aroma! In a separate bowl, mix the ricotta, ½ the mozzarella, egg and salt until smooth. When veggies are barely soft, remove from oven and reduce heat to 350 degrees. Drain pasta and stir into veggies. Spoon cheese mixture on top of the veggies, spread gently, but don't thoroughly mix them. Sprinkle the remaining mozzarella cheese and back for 20-25 minutes. Serve with a basic lettuce salad.

### Upcoming Events

- Nov. 17 - Longview Elementary students will visit for a wheelchair dance and other fun.
- Nov. 29- Billy Lynch- guitar and vocal
- Nov. 13- David Solovey- singer
- Nov. 19-Linda Leach-sing/piano
- Watch for Thanksgiving events!



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## Editor's Note

Things have been busy at our great center! We have been working diligently on the new website design. It would be great to hear your feedback. Please let us know what you think. Room renovations have begun as we strive to continue Collingswood's tradition of always striving for excellence. Our administrator, Kathy Catucci, has been succeeding in ensuring that all residents receive the highest level of care. As we enter the winter holiday season, we wish you and your family, all the best!

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## Thanksgiving Health Tips

Too many people gain extra pounds during the winter holidays. It is possible to avoid this pitfall!

\*Don't go to dinner hungry, eat a wholesome breakfast!

\*Drink plenty of water throughout the day and with the meal.

\*Go skinless on the meat, and limit high fat foods.

\*Take a brisk walk after dinner.

\*Enjoy time with family and friends!