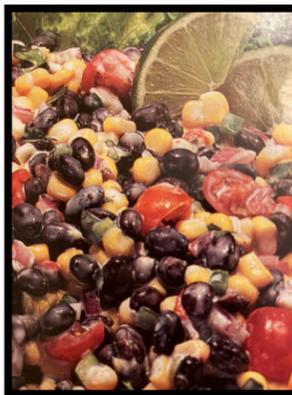


Black Bean & Corn Ranch Salad

Ingredients

- 1/2 cup Ranch Dressing
- 1 can (19 oz.) black beans, rinsed and drained
- 1 can (11 oz.) whole kernel corn or mexi-corn, drained
- 1 cup quartered grape or cherry tomatoes
- 1/2 cup chopped red onion
- 2 Tbsp. chopped fresh cilantro
- Hot pepper sauce (optional)



Directions

In a medium bowl, combine all ingredients; chill. Garnish, if desired, with lime wedges.



Join Kim for craft time in the Family Room.

Both at 10:00 a.m.

on Fridays,

January 14th and 28th.

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"Where life never gets old."



DOVE ESTATES
Senior Living Community



DOVE ESTATES SENIOR LIVING

NEWSLETTER

January
2022

Volume 9, Issue 1

Different Celebrations Common Themes

December 31st signals the end of the old, the start of something new and gives us pause to reflect what we've done right and wrong in the past year. It's a time for celebrating the changes and challenges we have overcome. It is also a celebration of survival. We as humans are hardwired to constantly navigate our way through life's choppy waters and on New Year's Eve there's nothing better than toasting the fact that we have successfully lived to the end of another year.

New Year is so significant to so many it commands a vast array of traditions and celebrations across the globe. But common themes run through all of these cultural variations:

Traditions for chasing away bad luck (usually involving loud noises or fireworks): Village men in Scotland are walking around swinging giant blazing fireballs over their heads and residents of Denmark throw old plates and glasses against the doors of family and friends to banish bad spirits.

Traditions to bring good luck: In Spain for example, as the clock strikes midnight, people eat 12 grapes which are meant to represent the 12 months of the year.

Acts of renewal and starting over: Such as in Siberia where trees are planted underneath frozen lakes and rivers and in Johannesburg, South Africa where people throw furniture out the window to signify a fresh start.

Predicting the year ahead: This is also a favorite, with the Germans among many cultures who drip molten lead into water and predict major events during the coming year based on the shape of the lead drops. A holiday which commands this much attention and variation across the globe must be tied to something profoundly meaningful and important in the human psyche.

Leadership Team

- Executive Director.....Kevin Frymire
- Director of Nursing.....Breann Beagley
- Admissions Coordinator.....Sheena Sobba
- Business Office Director.....Jody Little
- Director of Fitness.....Lisa Bickel
- Director of MarketingRenee Sanderholm
- Life Enrichment Director.....Kim Carrillo
- Dining Services Director.....Nathan Pollina
- Environmental Services Director....Chris Larkin
- Memory Haven Nurse Manager.....Brittany Vazquez

May God's blessings shower upon you and bestow upon each of you a bright, healthy and peaceful new year.



"Where life never gets old."



CALLING ALL MEN OF DOVE ESTATES!

Brian from HHOK will be here on Wednesday, January 5th at 10 a.m. in the family room to assist with making a St. Patrick's Day wood craft. 🍀



- 1/1 Bob White
- 1/14 Jean McGregor
- 1/15 Madeline Kruger
- 1/19 Melva Kloefkorn
- 1/19 Jim Matthews
- 1/20 Arlita Heath
- 1/21 Betty Hill
- 1/21 Ruby Hamm
- 1/23 AJ Cavanaugh
- 1/24 Gladys Kraus
- 1/31 John Counter



Welcome New Residents

- ◆ Delores Copeland
- ◆ Gladys Kraus
- ◆ Sharon Alexander



On Monday morning, **January 10th**, we will be taking down our Christmas trees and storing them for next year. If you would like to help, contact Jill Steiner.



Join us Wednesday, January 19th at 2:15 p.m. in the library. See Kim to get the book **"The Only Woman in the Room"** by Marie Benedict.

Employee of the Month

Veronica Gilliard , Lead Housekeeper

Veronica started working at Dove Estates as our lead housekeeper in May of 2021. She has four grown children, two sons and two daughters. Both of her daughters, Annette and Monica, also work here at Dove Estates as CNAs .

Veronica has been a great addition, not only to the housekeeping department, but to the Dove Estates team. She is hard working and is always willing to lend a helping hand. Congratulations, Veronica, for being January Employee of the Month!



It's just what we've been waiting for...a trip to the casino!



On Thursday, January 13th, we will depart Dove Estates at 10:00 a.m.

Lunch Options: Lunch at Bottles & Bites or pack a "to-go" lunch from Dove Estates.



JABBERWALKERS

JANUARY 5th @9:30AM

COME TALK AND WALK WITH KIM AND LISA EVERY WEDNESDAY

we will start in the library