

August 2020

Parkside Press

Allouez Parkside Village 1 * 1901 Libal Street * (920) 430-8500 * www.assistedlivingbyhillcrest.com



Celebrating August

**Read-a-Romance-Novel
Month**

Happiness Happens Month

International Clown Week
August 1-7

Watermelon Day
August 3

Elvis Week
August 8-16

Creamsicle Day
August 14

Senior Citizens Day
August 21

National Park Service Day
August 25

Matchmaker Day
August 31

Resident of the Month



Meet John Berg

John grew up in DePere. He has two sisters- one five years older and one five years younger.

At the age of twenty-one John was in a bad truck accident and was in a coma for six months. At twenty-three, he attended college at Saint Norbert, where he studied to be a priest. His parents would visit him every Sunday. He has been married to Judy for 18 years now, and has four stepchildren- 2 boys and 2 girls. John and his wife Judy took a 17-day trip to Europe where they visited the Vatican and got a blessing from Pope John Paul II.

Since 1967, John worked in an automotive parts warehouse where he was a distributor until 1994 when they closed. From 1981 to 1986 he moved to California for 5 years. When he returned to Wisconsin in 1986, he continued his job with the Warehouse. In 1994 he started working at PDQ manufacturing in the electrical department making carwashes.

In high school, John played baseball, football and basketball. After his accident, he enjoyed golfing. John also enjoyed playing cards with his wife and friends and went hunting with every year. Before COVID-19 hit, John met up with some of his old hunting buddies every afternoon and hung out at Burger King.

John's favorite part about Allouez Parkside Village is the fact that Rosary and Catholic services are offered. He says he likes the feeling of security he has here.

John's advice for everyone would be to invest early and start an IRA – it will help you in retirement!



Shining Star



Augustina Balbuena - CNA

Augustina was born in Mexico!

She has a husband and three kids, two brothers and one sister.

She has worked at Allouez Parkside Village for 3 years now!

What she enjoys most about her job is the fact that she is part of something meaningful and helping people that need her help.

Some of her hobbies include dancing, sleeping, cooking and spending time with her family.

One of her favorite places she has visited was New York because there are many different cultures to absorb and learn from.

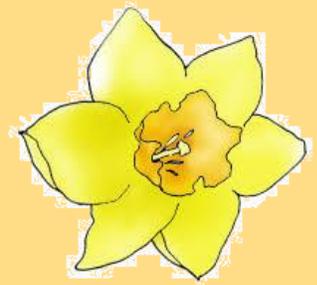
Augustina sees herself in 10 years having her own business in addition to cleaning up and landscaping with her husband.

Her favorite food is anything seafood and carne asada, and her favorite time of the year is summer because she enjoys the sun and the hot weather.

If she won the lottery, she would like to open a bigger company with her husband to ensure that her children get all of the opportunities in their life that many do not have, and she would like to help others by creating more jobs in the area.

Thank you for all that you do, Augustina!

Flower Power



August 28 is Daffodil Day, a day celebrating this beautiful flower. The ancient Greeks, who called the flower a narcissus, acknowledged its beauty in their myths. A man named Narcissus was so taken with his own beauty that, after seeing his reflection in a pool of water, he stopped to admire himself. He was so obsessed with his beauty that he could not pull himself away from his own reflection. Alas, he died at the waterside, and in his place grew the first daffodil. It is from this myth that we get both the flower's name and the word *narcissist*, a word for those who admire themselves too much. But why shouldn't daffodils admire themselves? They are beautiful, after all. And because they are some of the first flowers to bloom in the spring, they are also associated with rebirth, renewal, new beginnings, and hope. For this reason, daffodils have become a potent symbol of hope in the fight against cancer. Cancer councils around the world use Daffodil Day to raise funds to support life-saving cancer research.

Family Council is Tentatively Cancelled

Resident Council Meeting

**Allouez Parkside Village 1
Tuesday, August 18th
10:30am**

**Allouez Parkside Village 2
Wednesday, August 19th
10:30am**

COVID-19 Update:

We will remain in Phase 2 until further notice.

Phase 2 includes:



- Allowing Limited Outside Family Visits
 - Family must wear and provide their own mask
 - Must remain 6 feet apart from resident
 - Each resident is allowed to have 4 visitors at a time
 - Visits must take place in designated areas only
- Allowing limited family visits in family room, only if resident is physically unable to visit outside- which will be approved by the director
 - Anyone entering the facility must sign in, wash their hands with soap and water, wear mask, log temperature and complete symptom questionnaire
 - Must remain 6 feet apart from resident
 - Each resident is allowed to have up to 2 visitors at one time
 - Maximum visit time of 45 minutes
 - Must call the facility Monday-Friday between 8:00 a.m. - 4:00 p.m. to schedule visit time in order to regulate the number of people at the facility at one time.
- Families may take resident out of the facility for a car ride, including church or to dine out.
 - We are highly encouraging resident to wear a mask when leaving the facility and use proper hand hygiene
 - You do not need to schedule an appointment for a car drive, but we ask for you to notify staff in advance so we are aware the resident is leaving
 - Though we are unable to control what happens while a resident is out of the facility, we ask for everyone to be mindful of their actions and any places they may stop. Understand the potential risk of exposure associated when in a social setting

Feel free to contact the facility with any questions, or to schedule a visit.

We appreciate everyone's support and understanding as we continue to slowly transition through our re-opening phases.

VISITING SUGGESTIONS:

- Call for an appointment to schedule your visit or to report a pick up time
- Bring your own mask and wear for the entire visit
- Bring your own chair for outside visits
- Restrooms will NOT be available to visitors
- Visitors are NOT ALLOWED to enter the facility, please call when you arrive for your visit
- Any gifts or packages must be sanitized by staff prior to the resident receiving
- Please consider visiting Monday – Friday if you are able to do so, to leave weekend visiting hours available for those with limited schedules.





Recipe Corner

Zucchini Bread with Chocolate Chips

Ingredients:

- Cooking spray
- 1 1/2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg
- 1 egg
- 1/2 cup vegetable oil
- 1/2 cup sugar
- 1/2 cup light brown sugar
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- 1 cup semi-sweet chocolate chips



Directions:

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Combine flour, baking powder, salt, baking soda, cinnamon, and nutmeg in a large bowl. Set aside.
3. Combine egg, oil, sugar, brown sugar, and vanilla in a medium bowl.
4. Little by little, add the dry mixture to the wet ingredients. Stir in zucchini and chocolate chips. Transfer to the prepared loaf pan.
5. Bake 55–60 minutes. Allow to cool before slicing and serving.

Makes 10 servings

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions, the natural-born leaders of the zodiac. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations. Those born between August 23–31 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint.

Julie Baumgart – August 1st

Ginger Majeski – August 3rd

Cled Owen – August 16th

Art Covi – August 19th

Ben Costello – August 21st

Katie Beno – August 23rd



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BEACH
SEAGULL
SAND
BEACHBALL
FLIP FLOP
SHELLS
SUN

SWIM
BOAT
FUN

