

Parkside Press

Allouez Parkside Village 2 * 1901 Libal Street * (920) 432-3322 * www.assistedlivingbyhillcrest.com



Celebrating December

**Universal Human Rights
Month**

Bingo's Birthday Month

Cookie Cutter Week
December 1-7

Hanukkah
December 10-18

Gingerbread House Day
December 12

Christmas Bird Count
December 14-January 5

Free Shipping Day
December 17

Christmas
December 25

Kwanzaa
December 26-January 1

New Year's Eve
December 31

Resident of the Month



Kathleen Biohowiak

Meet Kathleen. Kathleen grew up in Green Bay, where

she went to St. Joseph's academy.

In her younger days she was an avid runner and ran in many races, where she won many trophies.

Kathleen swam a mile a day at the Colburn pool until the age of 72!

She also liked to downhill ski at Indian Head and did so until the age of 70.

Kathleen worked at Emmel's Bakery in her early years. Later, she became a homemaker and took care of her three children. She would attend church daily. Her and her husband have been married for 56 years. Some of the hobbies she enjoyed are knitting (making scarves for people), working at St Vincent DePaul, and relaxing.

Her favorite thing about living at Allouez Parkside Village 2 is being taken care of by the kind staff.

If Kathleen could give any advice it would be to "always get a running start."

Shining Star



Shauna Woods - Cook

Shauna was chosen to be this month's shining star because she has a strong work ethic, is helpful and encouraging toward other staff members.

Shauna was born in Chicago, IL.

She has been with Assisted Living by Hillcrest for about one month.

Some of her hobbies include crocheting and going to the park with her three children, two girls and one boy.

She has four siblings, one brother and three sisters.

In ten years she would like to see herself retired!

Her favorite thing about her position with Assisted Living by Hillcrest is cooking for the residents and getting to know them.

Italian beefs and fries is her favorite meal.

Winter is her favorite time of the year because her birthday is in the winter and she enjoys Christmas.

If Shauna won the lottery she would move somewhere where it is warm all the time. She is sick and tired of the cold Midwest.

Congratulations Shauna and thanks for all you do!

December Birthdays

In astrology, those born between December 1–21 are the Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves. Those born between December 22–31 are Capricorn's Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value experience and expertise.

Jerry Ploen – December 3rd

Lois Drace – December 4th

Elaine Reinke – December 28th

Pamela Hansen – December 29th

Kate Amel – December 30th



The holidays are sneaking up on us and will be here before we know it! Holidays are typically a time of joy, gratitude, and quality time with family. In effort to ensure the safety and wellbeing of the residents & staff and prevent the spread of COVID-19, we will not be having families join in our Christmas festivities this year.

If you plan on taking your loved one out for Christmas, we ask that you please notify the facility by December 17th, so we can plan accordingly.

Again, if you are planning on taking your loved one from the facility please understand the potential risk of exposure associated when in a social setting.

If anyone is traveling from out of state, has symptoms, or has been exposed to someone with COVID-19 we ask you to please refrain from taking your loved one's home.

Strange Christmas Traditions

Christmas brings with it many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with.



In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the Christmas season. This is largely thanks to Takeshi Okawara, who managed the first KFC franchises in Japan. In 1970, Okawara marketed the Christmas “party barrel,” a complete fried chicken dinner replicating American turkey dinners. There were so few existing Christmas traditions in Japan that KFC filled the void. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your “Kentucky Christmas.”

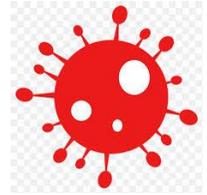
If you happen to be in Norway for Christmas, you’ll be hard-pressed to find a broom, for they are all hidden away. Norwegian folklore tells of how evil spirits and witches emerge on Christmas Eve. Norwegians hide their brooms so that witches cannot steal them for riding.

In Caracas, Venezuela, Christmas morning brings presents and roller skates. Authorities close down the city streets on Christmas morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time for mass.

In Ukraine, trees are not decorated with tinsel and ornaments but with faux spider webs. A common folktale tells the story of a poor woman who could not afford tree decorations. When she awoke on Christmas morning, she found her tree glistening with spider webs, courtesy of the spiders in her house who took pity on her.

These traditions may seem strange to you, but does your family have any Christmas traditions that others may find nontraditional?

COVID-19 UPDATE



Allouez Parkside Village #2
The facility recently had a few residents and staff test positive for COVID-19. Due to the recent active cases, Allouez Parkside Village # 2 will remain under a full quarantine until at least December 3rd, and until further notice. We are strongly discouraging residents from leaving the facility, unless medically necessary. The residents are being served their meals within their apartments daily. We are continuing to do activities with the resident's in their doorway on each wing, and offer Rosary and exercise daily, plus 1 on 1's throughout the day. We will continue to provide you with updates along the way. All residents will continue to be monitored for development of potential symptoms three times a day, and we will be in touch with those families directly affected. We welcome you to contact us with questions, check in or call for updates as you wish.

Allouez Parkside Village # 2 920-432-3322

Santa Hats



HERE'S WHAT YOU DO:

Pick a hat off the wall, each Santa Hat represents a Resident. Bring it to Heidi - APV1 or Casey-APV2.

In exchange, you will receive WISH LIST for a Resident.

Spend between \$15-\$20 on a present, and bring it in no later than **Friday, December 11th wrapped and marked “From Santa”.**

Santa will ‘deliver’ the gifts to each resident during our resident Christmas parties Wednesday, December 16th APV2 & Thursday December 17th APV1. If you have any questions, please contact Casey-APV2 or Heidi-APV1.

Happy Holidays!

Recipe Corner

Soft Molasses Cookies

Ingredients

- 2 and 1/4 cups (280g) all-purpose flour (spoon & leveled)
- 1 and 1/2 teaspoons baking soda
- 2 teaspoons ground ginger
- 1 and 1/4 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 3/4 cup (170g) unsalted butter, softened to room temperature
- 1/2 cup (100g) packed light or dark brown sugar
- 1/4 cup (50g) granulated sugar
- 1/4 cup (60ml) unsulphured or dark molasses
- 1 large egg, at room temperature
- 2 teaspoons pure vanilla extract

* Rolling - 1/3 cup (67g) granulated or coarse sugar, for rolling

Instructions

1. Whisk the flour, baking soda, ginger, cinnamon, cloves, nutmeg, and salt together until combined. Set aside.
2. In a large bowl using a hand-held or stand mixer fitted with a paddle attachment, beat the butter and both sugars together on high speed until creamy and combined, about 2 minutes. Add the molasses and beat until combined. Then add the egg and vanilla extract and beat until combined, about 1 minute. Scrape down the sides and bottom of the bowl as needed.

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3. On low speed, slowly mix the dry ingredients into the wet ingredients until combined. The cookie dough will be slightly sticky. Cover dough tightly with aluminum foil or plastic wrap and chill for 1 hour and up to 2-3 days.
4. Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats. (Always recommended for cookies.) Set aside.
5. Remove cookie dough from the refrigerator. If the cookie dough chilled longer than 2 hours, let it sit at room temperature for at least 30 minutes. The cookies may not spread in the oven if the dough is that cold. Roll cookie dough, 1 Tablespoon each, into balls. Roll each in granulated sugar and arrange 3 inches apart on the baking sheets. Bake for 11-12 minutes or until edges appear set. If the tops aren't appearing cracked as pictured, remove the baking sheet from the oven and gently bang it on the counter 2-3x. This will help those warm cookies spread out and crack on top. Return to the oven for 1 additional minute.
6. Remove from the oven and allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.
7. Cookies will stay fresh covered at room temperature for 1 week.

Prep Time: 1 hour, 45 minutes Cook Time: 12 minutes
Total Time: 2 hours Yield: 30-32 cookies

