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Tasty Shakshuka Recipe



With the holidays approaching—we want to take the time to celebrate both Christmas and Hannukah with our residents and families. In the spirit of the holidays we are sharing a wonderful recipe for an Israeli dish that many of you may have tried in the past, and for those that have not...well GIVE IT A TRY. IT WON'T DISAPPOINT!

When we say the word shakshuka, people often give me a strange look... like I've sneezed, or something. If you are not familiar with this delicious, easy and healthy Middle Eastern dish very popular in Israel, we are thrilled to introduce the concept to you.

Ingredients

- 3 tablespoons canola oil
- 2 medium yellow onions, chopped
- 1 large green bell pepper, cored, seeded, and chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1/4 cup tomato paste
- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1 bay leaf
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons kosher salt
- 1 tablespoon sweet Hungarian paprika
- 1 tablespoon ground cumin

- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon ground caraway
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach
- 8 to 12 large eggs

Preparation

1. Heat oil in a large skillet. Add onions and sauté over medium heat until translucent, 5 to 10 minutes. Add bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in garlic and tomato paste and sauté for another 2 minutes.
2. Slowly pour in tomatoes. Stir in bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes. Layer the Swiss chard leaves on top.
3. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

Serves 4 to 6

ACTIVITY HIGHLIGHT

The Brookside had a special visitor in November. Max the Therapy Dog as well as owner Roy from Lares Home Care stopped in to spread some comfort and joy! Our Assisted Living residents as well as Rose Lane 1 & 2 Memory Care enjoyed the black Retriever / Labrador mix as he made his way to each resident. As residents stroked Max's head every so gently or spoke to him, it was a wonderful sight to see the happiness he brought to all. Max will be visiting often so on your next visit be sure to look for him.





Resident Of The MONTH



Betty

Meet Betty. She has called Brookside home since June of this year. Before meeting her husband Sam of 60yrs, which has since passed, her occupation was that of a Bookkeeper. Betty & Sam were owner / operators of two phenomenal stores, Brandell's in Roosevelt Field & Arnel Cards in Hewlett. Carrying everything from cards to Barricini Candy, Betty dealt with the affluent in the area on a daily basis. Later in life Betty retired in Florida where she loved to golf, bowl and became President of the Ladies Club in her community. After Sam's passing Betty came to New Jersey & the Brookside to be closer with her three children & four grandchildren. Betty is an avid knitter, in fact she was gracious to let us put her gorgeous clothing items she has created on display for all to enjoy. A most wonderful lady, The Brookside is proud that she calls us home!

COMING IN JANUARY :

**January will bring a New Years
Day party, National Activity
Professionals Week, and our
annual Waffles & PJ's event.
Stay tuned for details!**

Resident Birthday :

Anita Z	Dec. 1 st
Ellinor K	Dec. 8 th
Mark B.	Dec. 11 th
Nancy K.	Dec. 13 th
Armand K.	Dec. 13 th
Raymond S	Dec. 13 th
Eleanor A.	Dec. 15 th
Michael D.	Dec. 19 th
Carmen A.	Dec. 20 th
Marion K.	Dec. 22 nd
Susan R.	Dec. 22 nd
John L.	Dec. 23 rd
Lucy H.	Dec. 25 th
Phyllis L.	Dec. 25 th
Jane W.	Dec. 25 th
Chickey D.	Dec. 28 th
Isak R.	Dec. 30 th

EMPLOYEE OF THE MONTH!



Todd Winouski

Congratulations to Todd Winouski, Brookside's Employee of the Month! Todd has been with the maintenance department as painter since October of 2014. When Todd is not painting he enjoys all sports as well as fishing. Todd, along with his colleagues from the maintenance department, always have the Brookside in tip-top shape! Great job Todd!



Staff Directory of DEPARTMENT HEADS

Executive Director
Jesse Farmer

Director of Nursing
Devi Patel

Rose Lane1 Director
Cecilia Prinke

Rose Lane 2 Director
Erika Bennett

Director of Sales and Marketing
Ashleigh Wilson

Move-in Coordinator
Krista Reyes

Community Relations
Maryann Warner - Johnson

Business Office Manager
Teresa Spinicchia

Director of Housekeeping
Brad Sargent

Director of Maintenance
Jeff Fabian

Director of Activities
Susan Fabian

Food Service Director
Erin O'Connell

Resident Council President
Barry Stettin



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THE BROOKSIDE
An Assisted Living and Memory Care Community

December 2017

BROOKSIDE ASSISTED LIVING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>INQUIRE WEEKLY FOR TRIP STATUS</p> <p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>10:00 Facebook 10:00 FOXLED EXERCISE 11:00 Spelling Bee 3:00 ENTERTAINMENT WITH MICHAEL 7:20 Evening Bingo 7:30 Monday Night Football</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Imagine Art 7:20 Tuesday Night Movie 7:30 OLD BRIDGE BAND</p>	<p>10:00 AM Exercise 10:30 Chess with Nolan & Clifford 10:30 Atlantic City Poker 10:30 Cruising with Clay 11:00 Yoga with Sheri 3:00 New Resident Q & A with Jesse 3:00 Music Appreciation with Mary 4:00 CHANUKAH PROGRAM / RABBI FREILICH 7:00 MAXALAPAN YOUTH ORCHESTRA</p>	<p>9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 3:00 Soothing Hand Massages 7:20 Evening Bingo 7:30 STEP BY STEP DANCE GROUP</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Manicures 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat</p>	<p>9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat</p>
<p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>10:00 Facebook 11:00 Spelling Bee 3:00 YIDDISH CLUB WITH CLAIRE 7:20 Evening Bingo 7:30 Monday Night Football</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Imagine Art 7:20 Tuesday Night Movie</p>	<p>9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 11:00 Seasons of Light Program with Fred 3:00 Crafty Crafting 6:00 CHANUKAH CANDLE LIGHTING 7:20 Evening Bingo</p>	<p>9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 1:00 Therapy dog Max Visits 3:00 Soothing Hand Massages 6:00 CHANUKAH CANDLE LIGHTING 6:00 ANNUAL CHANUKAH PARTY 7:20 Evening Bingo</p>	<p>10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 3:00 Winter Social 4:00 CHANUKAH CANDLE LIGHTING 4:14 SHABBAH CANDLE LIGHTING</p>	<p>9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat</p>
<p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 6:00 CHANUKAH CANDLE LIGHTING 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>10:00 Facebook 10:45 Cher's Soup Cook-Off 11:00 Spelling Bee 2:30 Catholic Mass 6:00 CHANUKAH CANDLE LIGHTING 7:20 Evening Bingo 7:30 Monday Night Football</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 10:15 RESIDENT COUNCIL 11:00 Imagine Art 3:00 Entertainment with Aaron 6:00 CHANUKAH CANDLE LIGHTING 7:20 Tuesday Night Movie</p>	<p>9:30 Morning News with Clifford 10:00 AM Exercise 10:00 COFFEE & TEA WITH THE ED 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 3:00 HOLIDAY UGLY SWEATER DAY 3:00 Crafty Crafting 7:20 Evening Bingo</p>	<p>WINTER BEGINS 9:30 Morning News with Clifford 10:00 Exercise 10:30 CREATIVE NOTIONS ART 11:00 DECEMBER BIRTHDAY PARTY 2:30 PA CHI WITH SIOBHAN 3:00 Soothing Hand Massages 7:15 CRAFTING WITH CHABALD 7:20 Evening Bingo</p>	<p>10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 3:00 Friday Social 4:17 Candle Lighting</p>	<p>9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat</p>
<p>CHRISTMAS EVE 10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>CHRISTMAS DAY 10:00 Holiday Time Facebook 10:00 A Merry Exercise 11:00 Holly Jolly Bingo 2:30 Special Matinee 7:30 Evening Holiday Movie</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Imagine Art 3:00 LADIES CLUB MEETING 7:20 Tuesday Night Movie</p>	<p>9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 3:00 Crafty Crafting 7:20 Evening Bingo</p>	<p>9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 3:00 BOOK CLUB 3:00 Soothing Hand Massages 7:50 CABARET NIGHT WITH SAL</p>	<p>10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 4:21 Candle Lighting</p>	<p>9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat</p>
<p>NEW YEAR'S EVE 10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>MONDAY, JANUARY 1st NEW YEAR'S DAY CELEBRATION 3PM, THEATER</p>	<p>2018 HAPPY NEW YEAR</p>	<p></p>	<p></p>	<p></p>	<p></p>

ACTIVITIES SUBJECT TO CHANGE

A Letter From A Resident...

Finally it has come together for me. I found the words to describe how I feel about my home, my life, and my extended family. I am in my daughter's car being driven home after a grueling doctor's visit. I can't wait to arrive.

Your home? Someone might say, "You no longer have a home. You sold it." I respond, "I no longer own my house, but my home is where I live." My extended family lives with me- the residents and staff, people that inhabit my community during working days and nights. This is where I belong, where I can rest my head on my pillow at night; converse with other residents on the beautiful porch; paint or draw in the art room with others who have similar interests; where I can read books I borrow from the huge lending library or attend a group discussion if I so choose. My home is where I can be with my biological family when they come to visit, where they can get a drink or snack from the café and where my grandchildren and great grandchildren are always welcome to play with whatever toys are available. My home is where I can relax and put on my thinking cap for an insightful group chat being led by intelligent members of the Activities staff. It



is where I have my meals served to me...meals that provide me with nourishment and companions to dine with. Not to mention, the wonderful trips we are taken on, to various restaurants, museums, etc.

This is but a brief redefining of my home where I am assisted to live.

Resident, Kaplan Community 2017



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An Assisted Living and Memory Care Community

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