



SOMERSET

Assisted Living

8360 Cason Road • Gladstone, OR 97027 • Phone (503) 723-7868 • www.seniorlivingstyle.com

DECEMBER 2020

SOMERSET STAFF

Administrator.....APRIL POTTER
Director of Health Services....ZOEY ANDEREGG
Resident Services
Coordinator.....RYANA VALDROW
Executive Chef.....LISA JARVIS
Community SalesJILL UFFORD
Activity CoordinatorJENNIFER DENLAY
Administrative AssistantNANETTE DAHLSTROM
Bus DriverNANETTE DAHLSTROM

TRANSPORTATION

Tuesday, 8:30 a.m.-4 p.m.: Medical

Tuesday, 1:20 p.m.: Walmart Shuttle

Wednesday, 9:30-11:30 a.m.: Fred Meyer

Thursday, 8:30 a.m.-4 p.m.: Medical



HAWTHORN
SENIOR LIVING

Important Dates

December 1st: Hallway Donut Social

December 11th: Door Decorating

December 18th: Ordering Dinner In!

December 24th: Christmas Memories and Hot Chocolate

December 25th: Christmas Day

December 31st: Ring in the New Year

Decorating the Somerset Christmas Tree

We will be putting our Christmas tree up on December 4th, starting at 10 a.m.

This activity is an all-day project. We will have some of our favorite Christmas music on and will take requests if you would like to hear something.

Also don't forget to grab some hot chocolate and cookies for on the way home. We can't wait for this day to come and we always have that Christmas spirit.





Christmas Memories and Hot Chocolate With Jennifer

Please join us for a Hallway Christmas Memory Lane and, of course, we have to have the hot chocolate to go with it. We thought it would be nice to bring back some good memories from childhood and, of course, when we had all of our family together. Please mark your calendar for December 24th at 3 p.m. If you have any questions feel free to ask Jennifer. I hope to see you there.



Employee of the Month

Our Employee of the Month for December is Stephanie Martin. Stephanie is one of our full-time nocturnal shift caregivers. She has been with Somerset for almost eight months and we always hear nothing but good things about her. The residents always have something good to say about Stephanie. We all thank Stephanie for always walking into the building with a smile on her face and saying hello to everyone she runs into. And most of all having the Hawthorn Heart and caring for everyone.

Christmas Door Decorating

We will be decorating our doors for the holidays. We will be starting on December 11th and, yes, this will be an all-day activity. We will have a variety of Christmas paper and different things in the Activity Room for you to pick up. And if you need something from the store that



you would like you can come down and talk to Jennifer and she will make sure you get it. This will also be a contest, so let's make our doors pop. The management will be judging and the winner will get a gift card of their choice. We hope to see your door bright for the holiday season.

Resident of the Month

Our Resident of the Month for December is Margaret. Margaret has been a part of the Somerset family for about an a year now and everyone loves to see her smiling face. Margaret has been picked as Resident of the Month because



she does have the Hawthorn Heart. Margaret says good morning to everyone she runs into. One of the things that shines about her is she will always ask if you need help or she always tells the caregivers they are doing a fantastic job. One of her things that she has told me was "Why try to fix the things you can't change and just enjoy life." We want to thank Margaret for always smiling and saying hello to everyone. We thank her for having the Hawthorn Heart and caring about everyone.



My Favorite Hot Chocolate

Homemade hot chocolate is infinitely better than boxed mix. And our recipe is extra decadent, thanks to the cup of actual chocolate (not just cocoa powder). For a perfect cup of cocoa every time, here's what to remember.

Whole milk is preferable.

When you're drinking hot cocoa, you're most likely trying to be festive and cozy, not healthy. Go all out with whole milk. Remember, fat equals flavor, but if you only have skim or low-fat, don't worry. This recipe will still totally work.

Watch the milk! If you walk away as it's coming to a simmer on the stovetop, it will likely boil over. Trust us — this has happened to us too many times to count.

Use your favorite kind of chocolate.

We're partial to semi-sweet (60% cocoa) or bittersweet (70%). But if you like your cocoa a little bit sweeter and creamier, feel free to use milk chocolate. We usually use chocolate chips, because they're always in our pantry. But if you want to splurge on a nice bar of chocolate, go for it. It'll be worth it!

Ingredients:

- 2 c. whole milk
- 1/4 c. granulated sugar
- 2 tbsp. cocoa powder
- 1 c. chocolate chips (or chopped chocolate)
- 1 tsp. vanilla extract
- Whipped cream, for serving
- Chocolate shavings, for serving

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Directions:

In a small saucepan over medium heat, bring milk to simmer. Whisk in sugar and cocoa powder and stir until no lumps remain. Stir in chocolate chips and vanilla and cook, stirring occasionally, until chocolate is completely melted. Turn off heat.

Pour hot chocolate into mugs, then top with whipped cream and chocolate shavings.

Have fun with the toppings.

Homemade whipped cream is classic and always a good idea. But ice cream (to make hot cocoa floats!) is really amazing too.



DEC 2020

Birthdays

Phyllis McIntire, 26th
Esther Moring, 31st

Meal Times

Breakfast at 8
a.m., Dinner at
12:30 p.m. and
Supper at 5:30 p.m.

Beauty Salon

Thursday and Friday,
call Jane at 503-
826-2548 or sign
up at Front Desk for
an appointment.

Nail Services
with Shelley

Third Monday,
2-4 p.m.

Sign up at Front Desk
for appointment.

“Time together
as a family is
a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Snack Carts 10:30 Donut Social 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Snack Cart 4:00 Hallway Social Hour	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 3:00 Snack Cart 3:00 Bingo 4:00 Happy Hour	10:00 Snack Carts 10:30 Music History 10:30 Hallway Kickball 11:30 Chair Zumba 2:00 Game of the Day 2:00 Bingo 3:00 Snack Cart 4:00 Hallway Chitchat with Jenn	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart 4:00 Hallway Chitchat with Jenn	10:00 Snack Carts 10:30 Music History 10:30 Word Challenge 2:00 Game of the Day 3:00 Snack Cart
	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Nails with Jenn 2:30 Pinochle 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 10:30 Monopoly 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Snack Cart 4:00 Memory Lane	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 3:00 Snack Cart 4:00 Happy Hour	HANUKKAH BEGINS AT SUNSET 10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Bingo 3:00 Snack Cart	10:00 Snack Carts 10:00 Christmas Door Decorating 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 10:30 Hallway Drumming 2:00 Game of the Day 2:00 Jinga 3:00 Snack Cart 4:00 Chitchat with Jenn
10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:00 Hangman 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Lotion by the Ocean 3:00 Snack Cart 4:00 Nails with Jenn	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Snack Cart	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 3:00 Snack Cart 4:00 Happy Hour	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Bingo 3:00 Snack Cart	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 12:30 Dinner in 2:00 Game of the Day 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 2:00 Game of the Day 3:00 Snack Cart
10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:00 Hangman 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Clue 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Snack Cart	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 3:00 Snack Cart 4:00 Happy Hour	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Bingo 3:00 Snack Cart	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 2:00 Game of the Day 3:00 Snack Cart
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10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 2:30 Nail Care 3:00 Arts & Crafts 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 3:00 Snack Cart	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Nail Care 3:00 Snack Cart	10:00 Snack Carts 10:30 Bocce Ball 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:30 Pinochle 3:00 Snack Cart 4:00 Happy Hour	10:00 Snack Carts 10:30 Music History 11:30 Chair Zumba 2:00 Game of the Day 2:00 Bingo 3:00 Snack Cart 3:00 Ring in the New Year		



My Favorite Gingerbread

Ingredients

- 1/2 cup butter, softened
- 3/4 cup packed dark brown sugar
- 1/3 cup molasses
- 1 large egg, room temperature
- 2 tablespoons water
- 2-2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt



- 2 teaspoons ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Directions

Cream butter and brown sugar until light and fluffy. Beat in molasses, egg and water. In another bowl, whisk together remaining ingredients minus frosting; gradually beat into creamed mixture. Divide dough in half. Shape each into a disk; cover. Refrigerate until easy to handle, about 30 minutes.

Preheat oven to 350°. On a lightly floured surface, roll each portion of dough to 1/8-in. thickness. Cut with a floured 4-in. gingerbread man cookie cutter. Place 2 in. apart on greased baking sheets.

Bake until edges are firm, 8-10 minutes. Remove to wire racks to cool completely. Frost as desired.

Test Kitchen Tips

Tint white frosting (like this classic royal icing) with liquid, gel or paste food coloring. Liquid coloring will produce a pastel color, while gel and paste create a deep hue.

Check out our ultimate gingerbread baking guide here!

These gingerbread men are fantastic make ahead Christmas cookies. Learn how to keep the cookies fresh.

Nutrition Facts

1 cookie (calculated without frosting): 118 calories, 4g fat (2g saturated fat), 17mg cholesterol, 128mg sodium, 19g carbohydrate (9g sugars, 0 fiber), 2g protein.

Happy New Year

I can't believe the new year is here already. We will be ringing in the new year a little differently this year, but we can still ring in the new year with a bang. Please mark your calendars for December 31st at 7 p.m.

If you have any questions you can talk to Jennifer. We hope to see everyone there to ring in the new year with our Somerset Family.



Dinner In

We really want to get back to the things we love. One thing that the residents love is our dinner out. Unfortunately, we can't do all of the outings that we love. Since we can't go out I want to bring dinner in. I will be putting out a box at the front desk with paper.

Please put your vote in and then we will bring dinner in to you. You can find this at the Front Desk. If you have any questions feel free to ask. Our first dinner in will be December 18th.





We Love Our One-on-One Nail Care

Getting your nails done can make anyone smile. We do nail care every week. Always watch for the calendar times and you can always talk to Jennifer and we can make sure you get your nails done. For this activity I went and got all different colors and then let them pick everything out and relax. The smiles say it all — who does not like getting their nails done, whether or not it's a solid color. We also will make sure they are trimmed and filed; and remember, you can always make a appointment with Jennifer.



Halloween 2020

Halloween was sure different this year! But we still made it fun for our residents, dressing up and, of course, our Halloween snack cart with yummy treats. The residents loved seeing this cart coming down the hallways and it sure was wonderful to see their smiles and hear their laughter in the hallways.



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Gladstone, OR 97027



It's always Warm at

SOMERSET
Assisted Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

503-723-7868