

Serenity Suites

SENIOR LIVING AT WABASSO



Spring 2024
newsletter

Notes from our Director!

I thought I would briefly write about Alzheimer's as I'm certain you or someone you know has been affected by this disease. There is an estimated 6.7 million Americans, age 65 or older, who were living with Alzheimer's in 2023. Of those, 73% were 75 years or older and 2/3 of them were women.

Communicating with someone who is suffering from Alzheimer's is challenging and can be extremely stressful for the affected loved ones, who are frequently the primary caregiver, as well as for the one diagnosed with the disease. Here are some helpful tips from the Alzheimer's Caregiver Institute to guide your conversations.

1. Never argue, instead agree.
2. Never reason, instead divert.
3. Never shame, instead distract.
4. Never lecture, instead reassure.
5. Never say "remember," instead reminisce.
6. Never say "I told you," instead repeat and/or regroup.
7. Never say "You can't," instead focus on what they can do.
8. Never command/demand, instead ask and/or model.
9. Never condescend, instead encourage and praise.
10. Never force, instead reinforce.



The Alzheimer's Association has a wealth of helpful resources as well as local organizations. I would encourage anyone who has a loved one with Alzheimer's (or dementia) to tap into their local resources as soon as the diagnosis is received. It is so important to become educated on the disease and its progression so that you can be better equipped to cope with the challenges. While your primary goal may be to care for your loved one, don't forget to take care of yourself! If someone offers to stay with your loved one so that you can go grocery shopping, meet friends/family at a restaurant, or simply take a walk – don't turn the offer down. Even short breaks will benefit both of you!

Anne
RN/LALD



Lemon-Curd Pound Cake

This bright and dreamy cake has layers of tartness from luxurious lemon curd, lemon zest, and pieces of baked lemon that nestle perfectly into the buttery rich batter. A light and easy drizzle of lemon syrup, made from baked lemon slices, makes a simple bite feel like the warm, sunny promise of a new day.

Author: Zoë François

Ingredients

- 2 lemons, sliced 1/8-inch (3mm) thick, plus zest of 2 lemons
- scraped seeds from 1 vanilla bean
- 1 cup (240ml) simple syrup see notes
- 3/4 cup (165g) unsalted butter at room temperature
- 1 1/2 cups (300g) granulated sugar
- 2 tsp vanilla extract
- 1 tsp lemon extract
- 2 eggs at room temperature
- 4 egg yolks at room temperature
- 2 cups + 2 tbsp (240g) cake flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp kosher salt
- 3/4 cup (180g) sour cream at room temperature
- 1/2 cup (140g) lemon curd (recipe follows)

Lemon Curd (Makes 2 Cups)

- 6 egg yolks at room temperature
- 1 cup (200g) granulated sugar
- 1/2 cup (120ml) freshly squeezed lemon juice
- zest of 2 lemons
- 1/2 cup (110g) unsalted butter cut into 8 pieces
- pinch kosher salt

Instructions

1. Preheat the oven to 325°F / 165°C. Generously grease a 9 by 4-inch / 23 by 10cm Pullman pan (or a 10 by 5-inch / 25 by 13cm loaf pan), then line it with greased parchment paper. Set aside.
2. Put the lemon slices and vanilla seeds in the bottom of a 9-inch / 23cm baking dish, pour the simple syrup over the top, and cover tightly with aluminum foil. Bake until the lemons are very soft, 40 to 45 minutes. Set aside.
3. In a stand mixer fitted with the paddle attachment, cream the butter on medium-high speed until creamy and smooth, about 1 minute. Turn the mixer speed to low; add the sugar, vanilla extract, lemon extract, and lemon zest to the butter; and mix until incorporated. Turn the speed to medium-high and beat until light and fluffy, about 5 minutes. Scrape the bowl often for even incorporation.
4. Turn the speed to medium-low and add the eggs and egg yolks, one at a time, beating just until combined. Scrape the bowl after each addition.
5. In a separate bowl, whisk together the flour, baking powder, baking soda, and salt. Sift to remove any lumps.
6. Add one-third of the flour mixture to the butter mixture and mix on low speed, just until combined. Add half of the sour cream, mixing until incorporated. Repeat with another one-third flour, then the remaining sour cream, and finish with the final one-third flour, scraping the bowl and paddle after each addition.
7. Fold the lemon curd into the batter. It's okay if there are a few streaks of curd left throughout the batter. Scrape the batter into the prepared pan. Smooth the top and tap the pan on the counter several times to release excess air bubbles. Lay five baked lemon slices over the top of the batter. Set the pan on a baking sheet.
8. Bake just until the top sets, about 45 minutes; the sliced lemons will have slipped beneath the surface. Lay another four lemon slices over the top and continue to bake until a tester comes out clean, 25 to 30 minutes more. As soon as you take the cake out of the oven, drizzle with 2 Tbsp of the lemon syrup from the baked lemons.
9. Let the cake cool in the pan for 20 minutes, then remove from the pan and set on a wire rack to cool completely before serving.



Lemon Curd (Makes 2 Cups)

1. In a medium stainless-steel bowl, whisk together the egg yolks, sugar, lemon juice, lemon zest, butter, and salt.
2. Put 1 inch / 2.5cm of water in the bottom of a double boiler or a medium saucepan and bring to a gentle simmer over medium heat. Place the bowl with the lemon mixture over the simmering water. Using a rubber spatula, stir the mixture constantly, making sure to clean the sides of the bowl as you go, until the lemon curd begins to thicken, about 10 minutes; it will be the consistency of smooth pudding. If there are any lumps in the curd, strain it through a fine-mesh sieve into a shallow container and cover with plastic wrap, pressed directly onto the surface, to prevent a skin from forming.
3. In a large bowl, add enough ice cubes and cold water to create a bath for the container to sit in without the water breaching the sides. Set the container in the ice bath or place in the freezer until chilled, about 15 minutes, then transfer to the refrigerator for up to 5 days.



Residents enjoyed the sunshine and a visit from Nancy Zollner from Redemption Ranch MN. Nancy brought their 18-year old pony, Dusty, for a visit and told us about the ranch and what they do. Everyone absolutely loved it. Allee and Maliyah came along, too, sharing paintings with the residents as well as singing and reading. We ended the day with some special “horse” cookies.

WORD SEARCH

Ice Cream Flavors

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COCONUT
STRAWBERRY
VANILLA
FUDGE
ROCKY ROAD
COOKIE DOUGH
NEOPOLITAN
COTTON CANDY
HOKEY POKEY
CHOCOLATE
MOOSE TRACKS
GREEN TEA
TIGER TAIL
PECAN
REESES
BANANA

Play this puzzle online at : <https://thewordsearch.com/puzzle/416/>



Easter baskets and Axe throwing! Axe throwing seems to be “the thing” now so we figured we would see what all the hype was about! Even though it was a bit tricky at first, it was a lot of fun. We’ve even seen some of the residents throwing an axe now and then.

