

SPECIAL
POINTS OF
INTEREST:

- Check out The "Peanuts" gang in Marth'a Musings.
- Ummm a warm soup recipe for these cold days
- Activities for residents
- Upcoming trips for residents
- The Lisa Johnson Memorial Trivia Event

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Lansdowne Village Voice

FEBRUARY 2012

Brothers Thoughts

Brother has been out of town so this column is a re-print of his column.

The people in our lives are like the pillars on your front porch. Sometimes they hold you up and sometimes they lean on you. Sometimes it's enough to know they are standing by. One of the worst nightmares I have ever had was after seeing a space movie. In my dream I was sitting on the porch at night with my family. We look up and see strange lights in the yard next to us. I am starting to shake in my boots when Mom notices that one of our milk bottles is out in the yard. She tells me to go pick it up, and now my knees are really knocking! "Please, Mom, don't make me go out there...", but she insisted, so I started out walking softly, slowly and cau-

tiously with each step, every bone in my body quivering with fright...then I woke up yelling and screaming. Mom took me in her arms and held me, as I continued to shake like a leaf in a tornado! Needless to say, no more space movies for me for a while! Anyway, I digress...

Some special days in February include the Presentation of the Lord on February 2, which also happens to be Groundhog Day. This day commemorates the presenting of Jesus in the temple. Many Catholic religious orders celebrate this day as a special day for those in consecrated life, those priests, brothers and sisters who belong to religious orders. We Alexian Brothers plan to celebrate that day with a meal in a local restaurant. It was known in the old days to be

called Candlemas Day. Special candles are blessed and are to be identified for the task to be a part of St. Blaise Day, February 3, in which the throats of the faithful are blessed, including all the throats of our residents and staff. Also, in Catholic churches, and in our chapel at Lansdowne, the Feast Day of Our Lady of Lourdes is remembered as the World Day of the Sick on the 11th. Even though none of us likes to suffer from an injury or illness, we are called to reach within ourselves to find the healing Christ!

"Make it a rule of life never to regret and never to look back. Regret is an appalling waste of energy; you can't build on it; it's only good for wallowing in."



Martha Musings

Leap Year 1948

As I look back to my relationship with Pete, my husband, I see the resemblance with the "Peanuts" characters, Lucy, and Schroeder at the piano. I, at age 20, also tried to get the attention of Pete (pianist in hotel bands) At last, in

desperation, I wrote him a letter that said, "Will You Marry Me?" The next day he came running up my stairs waving the letter saying, "Did you really mean it?" I said, "Yes."

His next job took him to San Antonio. He wrote to me saying, "Come marry me - The Com-

munists are coming!" We were wed, had seven children, all in 21 years, (Schroeder then went to his eternal reward at the age of 51.)

At age 84 Lucy loves to recall the St. Louis Cathedral Hymn: "Sing me a love song; Sing me a lullaby; Sing me to Heaven."



Happy
Birthday to
Residents and
Staff

*E-mail a
resident....It's
easy....It's fune
and residents love
to get mail!*

Birthdays

Frederick Hof—February 3rd
Lana Edwards—February 4th
Narada Anderson—February 5th
Anna Hamilton—February 6th
Cynthia William—February 6th
Sherry Boehle—February 6th
Lucy Hart—February 8th
Ernest Kneib—February 9th
Antoinette Bradley—February 9th
Lois Nussell—February 10th
Anthony Barone—February 10th

Sandy Ferber—February 11th
Johnnie Heard—February 12th
Aleksander Gorka—February 12th
Catherine Ellison—February 17th
Catherine Craig—February 19th
Augusta Lato—February 20th
Kimberly Swain—February 24th
Paul Fultz—February 26th
Lily Moritsugu—February 27th
Jerry Riley—February 27th
Tracey Ahrens—February 28th

Our Newsletters Are Electronic!

Did you know that our newsletters are available online ? You can read the current issue along with four past issues online anytime you would like. Just go to www.alexianbrothers.net, choose Missouri, Lansdowne Village, Village Voice Newsletter and then the newsletter you wish to read.

If you do not have access to the Internet and would like a copy mailed to you please call 314-351-6888 and let the receptionist know.

We valued your thoughts, suggestions, letters and contributions.. Please feel free to contact us at anytime or drop a note to us in the suggestion box located by the front receptionist desk and by the

lower entrance sliding doors that we call the TCC Entrance.

You can e-mail a resident by sending and e-mail to: Resident ablv@alexianbrothers.net.

Please put the residents name in the subject box so we know which resident to give the message to. The e-mail will be checked Monday thru Friday and delivered to the resident the next day.

Harvest Hall Activities

Greetings!
We have some exciting new additions in the coming weeks.
Two new activity assistants, Tyesha and Freddy, will be providing fun and dementia-appropriate activities for every individual's cognitive and physical abilities.

From scrapbooking and baking, to daily exercise and trivia, and sensory stimulation, Harvest Hall residents will experience it all!

Our newly utilized activity corner is going to be a creative place to make arts and crafts.

February has lots of reasons to celebrate-Valentine's Day, Mardis Gras, Musical Bands and

Rootbeer Float Social.

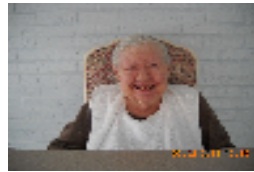
We hope to provide your loved ones with meaningful activities that will fill their days with purpose and laughter.

Elizabeth Yates, MS
Life Enrichment Director

Eternal Life—Lets Us Remember Those Who Have Gone Before Us



Our prayers are with the families of the loved ones that have passed.. They remain in our memories and hearts forever.



Marilyn Lorenz

Burnett Wrickerson
No Photo Available

Rose Marie Ritscherle
No Photo Available

Doris Jung
No Photo Available

Mary Tiffin



Check out our new feature— Thursday Afternoon's at the Movies in the Fireplace Room.

February Highlights for Activities

It's February 2012 which means its Leap Year and that means Sadie Hawkins Day which happens every four years.

February 1st Happy Hour with Don Stevenson.

February 4th Teresa Pizzurro Entertains

February 5th is the Super Bowl Party

February 12th—Trip to Miniature Museum

February 14th is the Valentines Party.

February 21st it's the Mardi Gras Party.

Stations of the Cross each Monday at 1:30 pm in the Chapel.

February 26th Trip to the Dog

Museum

February 27th—Lent begins, no Happy Hour on the 22nd due to Ash Wednesday.

Sandy Ferber will be joining us downstairs now. Two favorite programs will be returning on Tuesday and Wednesday nights, Card Go and Lucky 21.

Joann Evans A.D.

Thursday Afternoon At the Movies



C o m e join us in an afternoon of movies.

Many of your favorites and perhaps a new one or two will be shown each Thursday afternoon from 2:30-4:00 pm. In the cozy Fireplace Room .

The Movie Listing for February Is:

February 2nd-Sabotage by Alfred Hitchcock

February 9th-Road to Morocco—A Bing Crosby and Bob Hope Classic

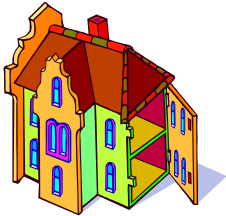
February 16th - The Shadow—Old Time Entertainment

February 23rd—The Wedding Date - A woman hires a male escort to be her date for a wedding and that proves to be her undoing

We will have new movies for the month of March

Resident Outings:

Alexian Brothers Lansdowne Village Residents can participate in outings twice a month on the second and fourth Sunday's of the month. These outings are free of charge and a member of nursing staff is along in case there is a situation where they are needed. Any resident that would like to attend can sign up on the Activities door on the first floor. Any resident is allowed to sign up and it is a first come, first serve basis, however if a resident has not attended an event before they will be given priority over those that have attended. Please check the lobby for a listing of events.



Current Trips Planned Include:

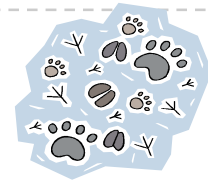
February 12—The Miniature Museum

February 26th—The Dog Museum



MARK THAT SPOT!

Did you know that all residents items should be marked with their name on it? If you need a marker please ask at the receptionist desk.



Upcoming Events at The Village

Do you have a favorite recipe or long handed down family recipe?

Alexian Brothers Lansdowne Village is constructing a recipe book of everyone's favorite recipes and we would like yours too!

The recipe can be for a meal, a dessert a bread or anything that you would like to contribute.

Just jot down your recipe and turn it in to The front receptionist desk, its that easy!

Our book will come out later in the year in time for Christmas Gift giving.

What a warm gift that will make!

March 2, 2012—Annual Bake Sale in the Fireplace Room. Come and pick up a treat for yourself or for someone else. We will have many goodies to choose from.

Donations will be accepted from anyone who would like to donate.

Proceeds will be benefit our Food Pantry.



March 30, 2012—Lisa Johnson Memorial Trivia Night—Get your table reserved for your group for a night of fun and friendship!

Test your trivia skills with others and become the winner for the night!

Tables are \$80.00 for eight people and single tickets are \$10.00 each

There will be silent auction items also and donations are welcome.

Trivia Begins at 7:00pm and Doors Open at 6:30 PM for Silent Auction Review

Refreshments will be provided.

To purchase a table or a ticket please call Trish Hughes at 518-2567, Danny Stricker at 880-4700, Lee Hines at 880-4702 or Becky Wilson at 880-4718.

Proceeds are to be donated to Joplin Disaster Recovery.



Alexian Brothers

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St. Louis, Missouri 63116
Phone: 314-351-6888
Fax: 314-351-5825

Our Mission

Alexian Brothers Lansdowne Village carries out the healing mission of the Catholic Church as an Alexian Brothers ministry by identifying and developing effective responses to the health and housing needs of those we are called to serve.

Our Administrative Team

Administrator Danny Stricker—880-4700
Brother Richard Lowe—Pastoral Care—880-4711
Director of Nursing—Lee Hines—880-4702
Clinical Liaisons -Trish Hughes and Steve Albright
Director of Admissions—Anthony Columbatto—880-4717
Office Manager—Penny Northern—880-4707
Dieticians—Becky and Marilyn Wilson—880-4718
Director Maintenance—Tim Borghesi—880-4709
Director Housekeeping—Sandy Howe—880-4710
Social Workers—Jamie Klein, Tracey Ahrens and Elizabeth Yates
Activities - Joann Evans—880-4715
Central Supply—Mariette Bettlach—880-4230
Medical Records—Anita Crocker -880-4272



ALEXIAN
BROTHERS
Lansdowne Village

Recipe For The Month—Courtesy of DaVita

With the cold days of winter, nothing taste better than a bowl of warm Chicken Noodle Soup. Whether your feeling under the weather or just cold, soup will make you feel warm and cozy.

Ingredients:

- One prepared rotisserie chicken
- 8 cups low sodium chicken broth
- 1/2 cup chopped onion
- 1 cup sliced celery
- 1 cup sliced carrots
- 6 ounces wide noodles, dry
- 3 tablespoons chopped parsley

Nutrients Per Serving:

Calories 185
Protein 21 grams
Carbohydrates 14 grams
Fat 5 grams
Sodium 361 mg
Potassium 294 mg
Phosphorus 161 mg
Calcium 22 mg
Fiber 1.4 grams



A kidney friendly recipe from DaVita for an all time favorite, Rotisserie Chicken Noodle Soup

Preparation:

1. Remove chicken from the bones and chop into bite-sized pieces Measure 4 cups for the soup.
2. Pour chicken broth in a large stock pot; bring to a boil
3. Add chicken, vegetables and noodles
4. Bring to a boil and cook approximately 15 minutes until noodles are done.
5. Garnish with parsley

Ten Portions of 1-1/4 cups each

Make a batch and enjoy all week or cut recipe in half to make a smaller batch.