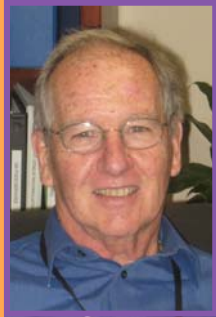




Celebrating Thanksgiving and Good Food...



November is Good Nutrition Month, which we think is totally appropriate. With Thanksgiving to look forward to at the end of the month, many of us find ourselves thinking about food and feasting more than anything else!

I'd like to acknowledge our outstanding dietary staff led by Dining Services Director Sharon Monahan. Sharon and her team make sure that Poet's Seat residents are prepared deliciously fresh and nutritious meals everyday in our onsite kitchen. Strict attention is paid to the individual dietary needs of each resident and we take pleasure in honoring resident requests and special occasions with meals and treats.

I hope you benefit from the food guidelines given on this page in honor of Good Nutrition Month. May you eat well, stay healthy and enjoy the upcoming holidays.



Patrick McManus

Patrick McManus, Administrator



Sharon Monahan with some of her kitchen staff C.J. Holmes, Cortney Weaver and Brad Gilbert (left to right).



Nutrition Guidelines for Seniors

No matter what age we may be, it is never too late to get on the path of healthier eating. Studies show that the right diet and adequate intake are especially essential for older people. Poor nutrition is the biggest threat to an older adult's independence. The better the fuel, the better the body functions.

Here are some helpful guidelines:

Fruit – For more fiber and vitamins, opt for whole fruits rather than juices. Eat 1 ½ to 2 servings each day, and go for color-rich pickings like berries or melons.

Veggies – Choose antioxidant-rich dark greens such as kale, spinach, and broccoli and oranges and yellows, such as carrots, squash, and yams. Eat 2 to 2 ½ cups of veggies every day.

Calcium – Bone health depends on adequate calcium intake to prevent osteoporosis and bone fractures. Seniors need 1,200 mg of calcium a day. Good sources are milk, yogurt, tofu, broccoli, almonds, and kale.

Grains – Choose whole grains over white flour for more nutrients and a higher fiber count. Look for pasta, breads, and cereals that list "whole" in the ingredient list. Seniors need 6-7 ounces of grains each day.

Protein – Seniors need about .5 grams per pound of bodyweight. Divide your bodyweight in half to know how many grams you need. Vary your sources with more fish beans, peas, nuts, eggs, milk, cheese, and seeds.

What's Happening at Poet's Seat...

Joan Hayes (right) and Eleanor LaPlante (pictured below) both enjoyed Poet's Seat's Halloween Party this past October. Residents, staff and visitors had a fun time dressing up and partaking in all the festivities and Halloween treats.



Poet's Seat staff and their kids had a fun time representing the nursing and rehab care center at the Franklin County Fair Parade this year.



Residents give the thumbs up to Wii Bowling.



Poet's Seat owners Michele and Patrick Carney with Greenfield's Mayor Bill Martin at our Apple Pie & Rehab Open House.



Resident Family Recipe

Blonde Brownies

2 2/3 cup flour, sifted
2 1/2 tsp. baking powder
1/2 tsp. salt
3/4 cup margarine or butter, melted
1 lb. light brown sugar
3 eggs, added one at a time
1 tsp. vanilla
1 cup chocolate chips
1 cup walnuts
Grease 9" X 13" pan and set aside. Mix sugar and melted butter, then add eggs. After mixture is beaten well, add flour baking powder and salt. Mix well. Add chocolate chips and nuts and pour into greased pan. Bake for 22 minutes at 350 degrees. Enjoy!

— Marcy Potyrala, daughter of Pauline Porlier

JOIN US FOR

PANCAKES WITH SANTA!

Sat., December 11, 2010
8 a.m.—10 a.m.



Admission is FREE for families of residents. Breakfast is \$5 adults, \$3 kids of nonresident families with proceeds going to the **Residents' Fund**.

Bring the kids and grandkids! Take pictures with Santa. Please RSVP with number of guests to the Activities Department, 413-774-6318, ext. 25, inquiries@pshcc.com. We hope to see you then!

Poet's Seat's Registered Respiratory Therapist Rani Silver conducted breathing tests at the YMCA in Greenfield on November 3. The testing was part of the Y's Seniors Health Screening Day. Rani coordinates our inpatient *Breathe Easy* respiratory therapy program, a holistic health maintenance program for people with COPD (chronic obstructive pulmonary disease).



Getting to Know You...

Meet Our Staff *Sharon Monahan*

Dietary Director Sharon Monahan is one of the newer members of the Poet's Seat Health Care team. Although she's been here for less than two years, Sharon has added a lot of special touches and changes to the breakfast, lunch and dinner menu, not to mention the celebratory meals she and her staff create for special occasions like birthdays and holidays. She personally asks residents what they want for their birthday dinner and if they want filet mignon, Sharon is happy prepare it.

How did you decide to go into dining services?
I just always loved to cook, especially for friends and family. Dietary aide was my first job when I was 16. After graduating high school, I was promoted from that position to Food Services Director. I also attended culinary school at that time, and I have worked in food service ever since.



How do you create the menu for the residents?
Preparing the menu is a group effort of my kitchen staff. The head cooks and I brainstorm new dishes to add to the regular entrees our residents enjoy. We keep the meals healthy and tailored to each resident's individual dietary needs. We also like to mix it up a bit.

What do you find most rewarding about your job?
When the residents are happy and satisfied with their meals, so am I. It's always been a joy for me to cook for others and have them enjoy what I love to do.

What's your favorite dish on the Poet's Seat menu?
I can't really pick just one. I have many favorite dishes, most of which we make from scratch... or close to scratch. The meals at Poet's Seat are great.

Fond Thanksgiving Memories from our Residents

Meet Our Residents

"After the Thanksgiving meal, my mother, daughter and I would make pine cone wreaths. We loved doing that every year." ~

"I come from a large family. On Thanksgiving, my family would rent a hall catered by Martin's Bakery. All the women would bring pies to share. About 100 family members would attend. Some relatives would play the fiddle and everybody would dance." ~

"My family would eat Thanksgiving dinner in front of the TV because no one wanted to miss the football game!" ~

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

— Mark Twain



Residents and their families enjoyed the Family Holiday Dinner on November 11th. A freshly-cooked Thanksgiving meal was served.

A Sampling of December Highlights at Poet's Seat...

- Holiday Show!
- Colrain City Cloggers
- Art Therapy with Madeline
- Pancakes with Santa
- Aromatherapy with the Soap Mistress
- Resident Holiday Shopping
- Private Holiday Celebration Just for Residents
- Nordin Country Line Dancers Holiday Show
- Vallie Brothers
- December Birthday Bash



Our residents are volunteers! Pictured is Pauline Porlier with Jennefer Swetland of Birthday Wishes, which distributes gifts to kids having birthdays at homeless shelters.

Do you know that Poet's Seat Nursing Home became **Poet's Seat Health Care Center** in 2005? The name change reflects a number of expanded services provided by us including short-term rehabilitation and nursing, and respite care. For more information, please contact us at 413-774-6318 or inquiries@pshcc.com.



We wish you a warm, happy and healthy Holiday Season!

Poet's Seat Health Care Center is managed by Somerset Health Care Management Group.

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Phone: 413-774-6318
Greenfield, MA 01301
359 High Street

POET'S SEAT HEALTH CARE CENTER

Franklin County's small, personal nursing and rehabilitation center offering abundant, compassionate care.