



**SINCERI**  
Senior Living

# ELK RIDGE

ALZHEIMER'S SPECIAL CARE CENTER

## Community Newsletter

### Winter-Time

by Robert Louis Stevenson

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding cake.

### Easy Valentine Treats!

3 ingredients and no baking required? Yes, please! These fast and easy Valentine treats are perfect for our residents to both help to make and of course to eat! We are excited to try this yummy recipe with our residents this month! We hope you can make and enjoy them as well!

#### 3-INGREDIENT NO-BAKE VALENTINE TREATS

##### INGREDIENTS

Honey Graham Crackers  
Chocolate Graham Crackers  
1 Tub White Frosting  
Red Food Coloring or Color Gels  
Various sprinkles

–Note colored sugar sprinkles don't show up well on a frosting this dark, so tint accordingly.

##### INSTRUCTIONS

Break graham crackers into small rectangles and use a serrated knife to saw them in half to make small squares.

Tint your frosting red or any color desired.

Spread a dollop of frosting onto the square and top with another square.

Pour some sprinkles into a bowl and dip the edges of the frosting into the sprinkles until evenly covered.

Store overnight in an airtight container and these will soften up a bit making a simple, fun, poppable sweet treat!



## Resident Spotlight



### February 2022 National Days

1st Chinese New Year  
2nd Groundhog Day  
5th World Nutella Day  
6th Frozen Yogurt Day and Chopsticks Day  
7th Send a Card to a Friend Day  
9th Pizza Day  
11th Inventors Day  
13th Superbowl Sunday  
14th Valentine's Day  
17th Random Act of Kindness Day  
18th Dink Wine Day and Caregiver's Day  
21st Presidents Day  
22nd Margarita Day  
23rd Banana Bread Day  
24th Chili Day  
26th Tell a Fairy Tale Day  
27th Retro Day  
27th Strawberry Day  
28th Floral Design Day

### Month Celebrations:

American Heart Month  
Black History Month  
Bird Feeding Month  
Weddings Month

## Meet Our Team!

**Elle Boelter**  
Administrator

**Lorine Menzhuber**  
Community Resource Director

**Leslie Kemp**  
Food Services Director

**Laura Bidgood**  
Program Director

**Jacob Connell**  
Maintenance Director

