

# GANTON GAZETTE

## Resident & Family News

Fall 2019

### Upcoming Events...

#### Caregiver Support Group

@Reflections Memory Care  
November 21, 2pm-3pm

#### Resident Christmas Parties:

Residents may invite 2 guests each  
You must RSVP to Office Managers

#### Heritage Assisted Living

December 10, 5pm-7pm

Chef prepared Prime Rib dinner with dessert and sing-a-long to follow with Cheryl Beauchamp on piano. Don't forget to visit our photo booth!

#### Reflections Memory Care

December 11, 2:30pm-4pm

Please join us for fellowship, hor d'oeuvres and some beautiful harp music!

#### Lakeview Assisted Living

December 12, 6pm-8pm

Enjoy hor d'oeuvres and desserts while listening to special musical entertainment provided by David Proulx!

#### Our community activity calendars

are available online at:

[Lakeviewassisted.com](http://Lakeviewassisted.com)

[Heritageassisted.com](http://Heritageassisted.com)

[Reflectionsmemory.com](http://Reflectionsmemory.com)

### GANTON RESIDENT & FAMILY INCENTIVE PROGRAM

Receive a \$1000 rent credit for referring a new resident to any one of our Ganton Senior Communities!

Ask Office Manager for details.

### A Letter From Our Campus Administrator...

Dear Friends, Family, Loved Ones and Residents of Ganton Senior Communities,

The year has gone by quickly, some might say, "in the blink of an eye." The Holiday Season is upon us and brings joy for Christmas and hope for the New Year. It all sounds so relaxing, yet the season quickly turns to hustle and bustle, and the stress of trying to find that perfect gift weights on everyone's mind.

My hope for you is that you're able to slow down and enjoy the season with your loved ones and share memories of Christmases past. I feel so blessed to be able to hear the memories of all our residents, and I treasure each conversation. This is the best gift anyone can ever receive. It lifts the spirits of the one sharing the memory and captivates the listener.

Join me this Holiday Season in slowing down and listening to the cherished memories of loved ones, reminiscing, sharing old photos and enjoying a warm cup of hot chocolate.

I wish each one of you a very Blessed Christmas and Joyful New Year!

*Terri Fowler*

#### Reminders:

❖ As the weather gets colder, please remember to watch your step in the parking lots.

❖ Our libraries and activity rooms are available for family events at no cost. They do fill up quickly during the holidays, so please contact your Office Manager early to ensure the space you prefer is available!

❖ Do you know someone with a skill or talent that you'd like to share with our residents? We'd love to have guests play music, teach a game, talk about an exciting trip or share skills and knowledge with our residents. Contact Dawn Dye at [d.dye@gantonsc.com](mailto:d.dye@gantonsc.com) or 269-969-4000.



BE SURE TO 'LIKE'  
EACH OF OUR COMMUNITIES  
ON FACEBOOK!

# Ganton Welcomes New Faces Meet Our New Managers!



## **Brook Miller, RN, Director of Resident Care**

I have a wonderful husband and three beautiful sons. As for my professional background, I graduated from Kellogg Community College; I love being a nurse and caring for people. I am so excited to be a part of the Ganton family! I

have always loved coming to these buildings as a hospice nurse and wanted to join this wonderful community! I'm thankful for this opportunity and am happy to be here!

## **Lisa Wolf, Office Manager**

Prior to working at Ganton Senior Communities I was a stay at home mother to my two daughters because my husband was in the Marine Corps. Once we moved back to Michigan I knew I wanted to work in an environment where I was able to help and take care of others. I started at Ganton as an aide, worked my way up to a Medication Technician, then to a Med Room Manager. Now I'm the Office Manager! I have loved every step of the journey and the opportunities it has given me to grow as an individual and a team player. Outside of my "day job" I enjoy watching my teenage daughters dance and play softball and spend as much time as possible traveling.



*The Reflections*  
Assisted Living & Memory Care



*The Reflections*  
Assisted Living & Memory Care

## **Phillicia Jackson, Life Enrichment Director**

I received my Bachelor's degree in Music Education at Oakland University, however, I wanted the tools to help people more through music. I chose to continue my education through Western Michigan University where I received a Masters Degree in Music Therapy. As a child living in the Metro Detroit area, I would often visit my great-aunt Mable. I believe this is where my love of spending time with the elderly started. Out of the six years I have worked in the health care field, between life enrichment and caregiver positions, I have worked in memory care for approximately four years.

## **Jeannie Wilson, Office Manager**

I graduated from Davenport University with degrees in animal science and business. I have always had a love for the outdoors which is where you'll find me in my spare time. My family and I have several pets and we also run Southern Oak Kennels North where we breed and train British Labradors. I also enjoy refurbishing furniture and going to family sporting events.



# Crème Brulee

Chef Anthony Capitano

The very first “fancy” dessert that I learned to make was Crème Brulee, literally meaning “burnt cream”. This rich, creamy custard is an amazing treat that has the look, feel and taste of the holiday season. There are only a few simple ingredients and once you have made it you will be amazed at how easy it was. The following recipe is credited to Alton Brown from his show on The Food Network “Good Eats.” I will be making and serving this dessert at The Reflections this coming season.

## Ingredients

- 1 quart heavy cream
- 1 vanilla bean, split and scraped (or 1 tsp of vanilla extract)
- 1 cup vanilla sugar, divided (granulated sugar is fine)
- 6 large egg yolks
- 6 8oz ceramic ramekins
- 1 roasting pan
- 2 quarts hot water



## Instructions

1. Preheat the oven to 325 degrees F.
2. Place the cream, vanilla bean and its pulp into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 15 minutes. Remove the vanilla bean and reserve for another use.
3. In a medium bowl, whisk together 1/2 cup sugar and the egg yolks until well blended and it just starts to lighten in color. Add the cream a little at a time, stirring continually. Pour the liquid into 6 (7 to 8-ounce) ramekins. Place the ramekins in the roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the crème brulee is set, but still trembling in the center, approximately 40 to 45 minutes.
4. Remove the ramekins from the roasting pan and refrigerate for at least 2 hours and up to 3 days. Remove the crème brulee from the refrigerator for at least 30 minutes prior to browning the sugar on top. Divide the remaining 1/2 cup vanilla sugar equally among the 6 dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the crème brulee to sit for at least 5 minutes before serving.





# Laughter meets new heights!

By Christi Losinski, Marketing Director



September and October brought two very exciting events to Ganton Senior Communities! Every year the residents and staff look forward to tethered hot air balloon rides. The weather forced two cancellations but the third try was the charm and on September 9 residents took flight and saw the community from an entirely different perspective. Tyler Jaques with Magic Clouds Balloon Corporation treated everyone to a beautiful, bird's eye view of the surrounding area while they waved to everyone below.



Once fall rolled around the Ganton communities gathered together once again for a community campfire. Residents, families and community members enjoyed hot dogs and s'mores roasted over the fire while singing along to some favorite tunes that Deb Ploehn, music therapist, played on her guitar. Needless to say, it was a great way to welcome the new season and spend time with friends.



# Reminder - Employee Bonus Opportunities!

**Move-In Bonus:** \$100 for any tour an employee completes that leads to a move-in AND/OR for any employee that refers a resident to a GSC community.

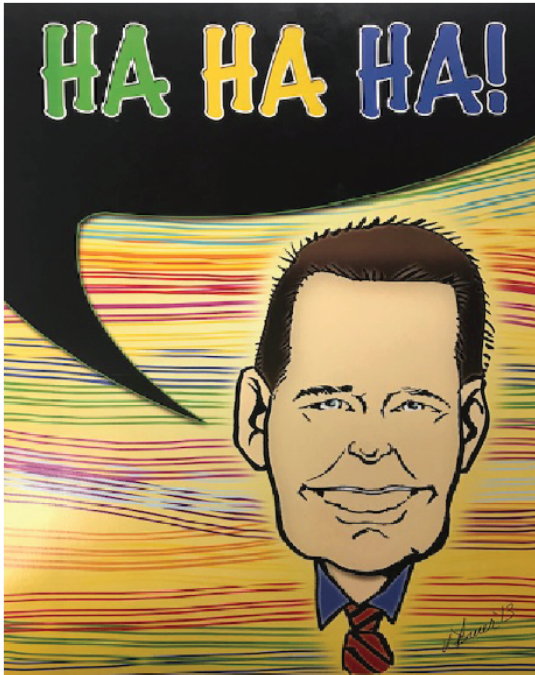
**Employment Referral Bonus:** \$250 for any staff member that refers a new hire to a GSC community

**TOUR REMINDER:** Any staff member that completes a tour during an evening or weekend needs to complete the GREEN tour form that is located in each med room and put it under the front office door. Please alert Christi, Marketing Director for Lakeview and Heritage, via phone at 269-870-5537 OR Susan O'Dell, Marketing Associate for Reflections at 248-891-3251. Thank you!

## Campus Olympics - And the winner goes to.....

National Assisted Living Week (NALW) 2019 provided proof once again that the competitive spirit is alive and well at Ganton Senior Communities. Throughout the week there were dress up days for staff and residents, building-level events and a multitude of fun activities to celebrate. Everything culminated in the annual Campus Olympics on Friday where staff from Lakeview, Heritage and Reflections competed to take home the gold (or in our case a very fancy trophy). Residents cheered on competitors in events like the wheelchair relay and tug-of-war. Lakeview was the defending champion but there was quite an upset this year. For the first time in Campus Olympics history HERITAGE took first place! The win was wildly celebrated and the trophy now proudly sits in the front office. The team at Heritage will definitely put up a fight to keep it next year!





# Fred's Funnies

Why does the corn get mad at the farmer?  
Because he always pulls his ears!

Why did the two cartoons fall in love?  
Because they were drawn together.

Why didn't the skeleton go to the dance?  
Because he had "no body" to go with him.



## WE NEED YOUR HELP WITH DONATIONS!

Random Acts of Kindness, November 15, 2019



Our residents have chosen to bless the Battle Creek VA Medical Center and local children in foster care by way of City Line's Care Bag Pantry. Below is a list of items they're looking for. Donations can be dropped off at the Lakeview and Heritage Front Offices.

**Cash donations accepted - we'll shop for you!**  
**Donation DEADLINE: Tuesday, November 12, 2019**

### VA Medical Center

- |                                  |                                         |
|----------------------------------|-----------------------------------------|
| Flip flops (used in shower)      | Pre-packaged cookies/snack items        |
| Food gift cards (i.e. fast food) | Popcorn oil & salt for popcorn machines |
| Gas cards                        | Puzzle books (i.e. word search/sudoku)  |
| New men's underwear              | Small craft kits                        |
| Winter coats/spring jackets      | Gym shorts & sweatpants                 |
| Tennis shoes and winter boots    | Toiletries (no travel or sample sizes)  |
| Non-spiral bound journals        | Men's shampoo/conditioner               |
| Forever postage stamps           | Men's body wash/deodorant               |
| Canteen books for IMH haircuts   | Toothpaste and toothbrushes with covers |
| Coffee                           | Non-alcoholic mouthwash                 |
| Guitars                          | Men's shaving cream/razors              |

**PLEASE NO used clothing, knitted or crocheted blankets/lap robes, non-perishable food or canned goods. All items must be new and not have expired. NO new/used medical equipment, used sunglasses, bar soap, medications/vitamins**

### Care Bag Pantry

#### Infant/Toddler Care:

- Baby wipes
- Diapers
- Pull ups
- Baby shampoo
- Diaper rash cream
- Age appropriate tooth brushes & toothpaste

#### Household:

- Toilet paper
- Paper plates/napkins/paper towels
- Hand & dish soap
- Laundry detergent
- Disinfecting wipes

#### Feminine Care & Male Hygiene:

- Pads & pantyliners
- Tampons
- Deodorant (male & female)
- Shampoo/conditioner/body wash (male & female)
- Facial wash/cleansing wipes
- Toothbrushes (soft)/toothpaste

#### Other Needed Items:

- Fleece Blankets
- Activity Books (all ages)
- Small stuffed animals/dolls
- Puzzles
- Arts/crafts
- Small sports balls
- Card games