Hello everyone,

Well it's that time of year again when Oregon is at its most beautiful!

I wanted to touch on a topic that historically hasn't been talked about often and that is staff training and continued education. Before a staff member can be hired, we have a strict process for screening regarding checking into the person's general character and work habits through reference verifications along with drug screening and background checks. Any newly hired staff undergo a full orientation to emergency procedures and shut-offs on the community grounds before they actually start normal work. Once in their new role, they train alongside senior staff who help them get into the groove of the job, learning all the techniques of their position to be safe and more importantly to better serve you.

Continual training on fire drills and emergency procedures occur each month, alternating between live drill practices and written education and training. This is to assure the staff are ready to respond to any emergency that may arise in the community. If there are any questions about staff training, please don’t hesitate to visit with me any time.

I wish everyone a happy, fun, and safe summer, and we will see you again in our next newsletter!

—Casey Sharer, Executive Director

World’s Best Lasagna

1 lb. sweet Italian sausage
3/4 lb. lean ground beef
1/2 cup minced onion
2 cloves garlic, crushed
1 (28 oz.) can crushed tomatoes
2 (6 oz.) cans tomato paste
2 (6.5 oz.) cans tomato sauce
1/2 c. water
2 T. white sugar
1/2 tsp. dried basil leaves
1/2 tsp. fennel seeds
1 tsp. Italian seasoning
1 T. salt
3/4 tsp. ground black pepper
4 T. chopped fresh parsley
12 lasagna noodles
16 oz. ricotta cheese
1 egg
1/2 tsp. salt
3/4 lb. mozzarella cheese, sliced
3/4 c. grated Parmesan cheese

DIRECTIONS

1. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 T. salt, pepper, and 2 T. parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 tsp. salt.

3. Preheat oven to 375°F (190°C).

4. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13" baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.


—Dave Martin, Director of Dietary Services

Please make everyone welcome:

Charles T.
Joan C.
Donald & Marion L.
Vince S.
Eudora R.
Joan G.
Mary S.
Cecil D.
Buck S.
Dee W.

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Executive Director’s Notes

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Often I am heard explaining to prospective residents that independent senior living is akin to starting over, or making a fresh start in your golden years. It’s true, so often I meet seniors and discuss what they can expect from retirement living, during our visit we discuss many things, some of which is how rejuvenating and refreshing this change in life can be.

From my prospective the two biggest benefits you’ll notice at Solvang are the social and the dining aspects, to some extent these two items go hand in hand. First off social life is proven to be so important to our mental health, the social aspects alone helps keep our minds sharper and give us reason to get out and enjoy the day. Having friends and neighbors at your doorstep makes this part of independent senior living easy and a pleasure. You’ll always find friends and activities going on in the common areas of Solvang, it’ll boost your spirit while strengthening your mind. Which brings us to dining, few people like to dine alone, plus is difficult to cook for 1, not mention no fun. Here at Solvang’s restaurant you’re free to sit anywhere. Here at Solvang we have a full-time activities director, her name is Heather. Heather is here to fill your days with interesting and fun things to do, monthly you’ll receive your calendar of fun, there you’ll find numerous items each day and every day of the month. We know that if you’re active you are sure to be happier and healthier. These activities are designed to strengthen your mind and body, all while enjoying the company of your Solvang friends. The fact that housekeeping is going to come into your home weekly to clean, means you’ll have more time to play. You’re sure find this a real treat, no more putting fresh linens on your bed, no more dusting or vacuuming, nor will you have to clean that toilet or bathtub. All this adds up to more fun and exciting times ahead.

If you or someone you know would benefit from what I’ve described above, please call on me. I’m here to make your transition as smooth and seamless as possible.

Warm Regards;
—Mike Bennett, Director of Marketing
541-461-0490

Food Notes:

You like and with whomever you like. No more dining alone, plus is difficult to cook for 1, not mention no fun. Here at Solvang’s restaurant you’re free to sit anywhere you like and with whomever you like. No more dining alone! Our kitchen offers restaurant style dining, the menu is filled with sumptuous food choices to pick from. You can order breakfast all day, any way you like it. We always have daily specials for lunch and dinner, as well as fresh homemade soups, salads and desserts to round out your meals. While many senior living community kitchens have brief hours of operation, Solvang offers anytime dining between the hours of 7AM to 6PM. Come and eat when you’re hungry.

Two other major benefits of Solvang living is housekeeping and activities, I touched briefly above on activities. Here at Solvang we have a full-time activities director, her name is Heather. Heather is here to fill your days with interesting and fun things to do, monthly you’ll receive your calendar of fun, there you’ll find numerous items each day and every day of the month. We know that if you’re active you are sure to be happier and healthier. These activities are designed to strengthen your mind and body, all while enjoying the company of your Solvang friends. The fact that housekeeping is going to come into your home weekly to clean, means you’ll have more time to play. You’re sure find this a real treat, no more putting fresh linens on your bed, no more dusting or vacuuming, nor will you have to clean that toilet or bathtub. All this adds up to more fun and exciting times ahead.

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Food Notes:

Medications—we take them because our doctor tells us to, right? A recent survey of 17,000 Medicare beneficiaries found that two out of five patients reported taking five or more prescription medications (this does not include vitamins or other over the counter supplements). As we age, chronic conditions such as diabetes, high blood pressure, and arthritis become more common and the number of pills taken in a day can increase dramatically.

So how do you know which medications you should take, at which time? For many of us, the doctor’s prescription will have instructions for example “take one tablet by mouth once a day” leaving you to decipher what time of the day you should take it. It’s important to consult with your pharmacist to determine a daily regimen for each pill you take. For example, should your diabetes medication be taken with food? Without food? At bedtime? Taking this pill at a “convenient” time for you might not be the best way for the medication to work. It’s also important to keep in mind whether one medication will counteract with another. Many prescription bottle labels say “take on an empty stomach,” but if you have two prescriptions that say that, is it ok to take them both at the same time? Your doctor and/or pharmacist will be able to help you manage your medications so each one is working most effectively. Taking your prescribed medications, along with diet and exercise, can help your body function at its best to help you live a happier and healthier life.

3, 4

Food Notes:

Just wanted to update everyone about our new menu. Some things are back by popular demand, such as the Ruben sandwich and the taco salad. Those items have been a staple at Solvang for a long time, and we certainly welcome them back. In addition, we have added a chicken avocado salad and a club sandwich as well as mini-sliders. There is a new format for the menu which I think is amazing. Color and pictures really make it something special. I hope you all enjoy the new things, and know there is more to come.

Life Enrichment Coordinator’s Notes:

Here at Solvang, it’s easy to make friends; music and laughter abound, and we all have a good time. Our activities and events offer a great variety of fun based on what our residents like to do. We have monthly meetings where everyone is welcome to share questions, comments, and suggestions which I enjoy hearing and making them happen.

Living at Solvang assures there’s always something to do. We always have bingo, pinochle, Ding-A- Lings, Wii Bowling tournaments, educational seminars, craft and physical fitness classes, and did I mention baseball, which is our all-time favorite? The options are here; the beauty of it is our residents get to choose and help to shape the future of their daily calendar.

We’re always looking for volunteers to join in on the daily fun, so if you or someone you know would like to spend some rewarding time visiting with our seniors, please don’t hesitate to call or stop in.

—Heather Long, Life Enrichment Coordinator