

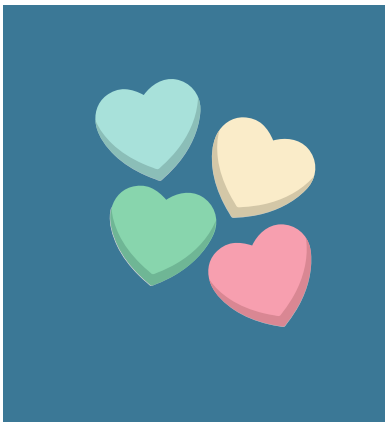


ISLAND COMMONS CONNECTION



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A Message From Our Administrator

Amy Rich



We received so many compliments from the community about our first electronic newsletter that we are sending another. We have a lot to share. In this edition, we introduce you to a member of our terrific caregiving team (although many of you may already know her), interview (with translations) a favorite visitor to the Commons, and provide you another great recipe from our kitchen magician, Caitlin.

As you can see from the photos, the Commons is a busy place. We always welcome visitors (of all sizes and shapes) and would love to have you stop in for a few minutes, a few hours, or anything in between. Volunteers for activities and companionship are especially welcome! If you want to learn more, please give me a call!

Sincerely,



Amy Rich

Who We Are

Administrator
Amy Rich

Administrative Assistant
Frankie Doughty

Outreach Manager
Nancy Olney

Resident Care Manager
Christina Sawtelle

Activities Coordinator
Katie Urich

Direct Care Attendant
Caitlin Bowman
Alanna Rich
Kyla Sawtelle

Registered Nurses
Ann Bowman
Jenny Hackel (consultant)
Rachel Matusko
LauraTheobald

Certified Residential
Medication Aid
Regina Ramirez
Jade Morlock
April Reynolds
Jessica Joy
Malynda Fitzgerald
Kelley York

Chebeague Cares
In Home Care
Jane Conley
Stephanie Smith

Board of Directors
Susan Stranahan (President)
Sharon Rent (Vice President)
Vicki Emery (Secretary)
Kevin Brunelle (Treasurer)
Carla Clarke
Norma Drew
Meg Greene
Denis Johnson
Bill Kerrigan
Jim Lunt
Scott Sawyer
Sarah Swann Van Fleet
Kip Webb

Meet Our Residents

Meet Joan Deming

Joan has been at the Island Commons for 14 years. She loves to paint and decoupage.

Q: Who is your celebrity crush?

A: Clint Eastwood, Ricky Nelson, Elvis Presley, Spencer Tracy, Douglas Fairbanks

Meet Janet Martin

Janet has been at the Island Commons for 12 years. She loves music of all kinds, animals and reading.

Q: Who is your celebrity crush?

A: Tom Hanks

Meet Helen Nannery

Helen loves cats, taking care of her plants, and chatting with anyone and everyone. She loves living at the Island Commons because everyone is kind and considerate.

Q: Who is your celebrity crush?

A: I have never had a crush on anyone other than my husband!

Meet Joan Phipps

Joan has been at the Island Commons for 3 years. She loves dogs and reading.

Q: Who is your celebrity crush?

A: Charleton Heston and Harry Bellefonte

Meet Sylvia Ross

Sylvia was born on Chebeague and has resided here for all of her 91 years. She loves sharing stories of “old” Chebeague and spending time with anyone who loves the island.

Q: Who is your celebrity crush?

A: Tyrone Power



Joan Deming



Janet Martin



Helen Nannery



Joan Phipps



Sylvia Ross

Staff Spotlight

Jade Morlock



Q: Can you share a little about yourself?

My name is Jade. I'm 26 and I moved to the island when I was 13 after many summers and school breaks spent on the island. My first job was at the Island Commons when I was 16. I started as a DCA doing the cooking and cleaning, eventually helping out with direct care and becoming a CRMA when I was 18. When I was 19 I moved off the island to explore the mainland and gain some new life experiences. I now live in Portland with my boyfriend Tanner, dog Ruby and cat Mals.

Q: What brought you to the Commons as a CRMA?

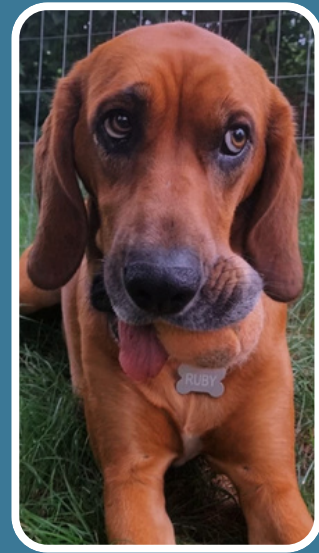
I'm so happy to be back with my Island Commons family after almost 10 years! Tanner and I want to move to the island and work on-island jobs to give back and support the community. The Commons is a great fit for me because I enjoy having more one-on-one time with the residents and being able to meet their needs better than any other facility.

Q: What's your favorite thing about working here?

My favorite thing about working at the Commons is that I can bring Ruby with me. I also love feeling that I've had a positive impact on a resident's day.

Q: What would you say to anyone who is interested in joining our team?

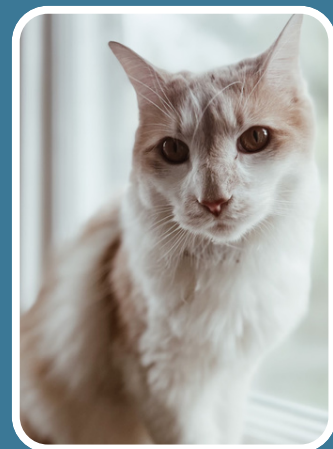
For anyone who is looking for an uplifting and rewarding experience the Commons is a great place to start!



Ruby



Jade & Tanner



Mals

Activities & Events



Reoccurring Activities/Events

Sunday Worship

Spa Day

Chebeague Island School Visits

Island Commons Chronicle

Word Games

Yoga

Crafts

Music

Painting

...And More!

Upcoming Events

Shamrock Shindig

Friday, March 15th

4:30pm-6:30pm



Volunteer Spotlight

Casper A.K.A. Mr. Licky Chops



Q: Can you share a little about yourself?

Woof!

Translation: My name is Casper and my mom rescued me 5.5 years ago from Midcoast Humane. I LOVE my new life! I enjoy walks on Bennetts Cove and my nightly dinner of chicken tenders, kibble and pumpkin. Yum!

Q: What brought you to the Commons as a volunteer?

Woof!

Translation: My mom loves to take me around town! Let's just say a lot of people know me. I'm kind of a big deal.

Q: What's your favorite part about spending time with us?

Woof!

Translation: That's an easy one. THE TREATS!

Q: What would you say to anyone who is interested in joining our team of volunteers?

Woof!

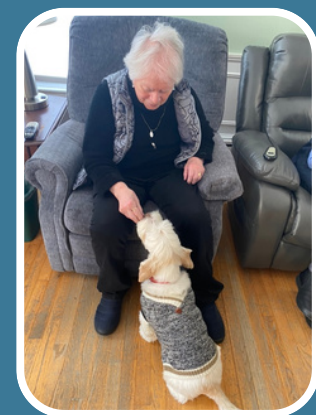
Translation: The Commons is one of my favorite places to be! I pop in once a week so the residents can admire my unusually long eyelashes and my overall cuteness. The ladies love visitors and will make you feel right at home. You should stop by! Sylvia even suggested my portrait hang above the fireplace. I think she's onto something...



Casper & Helen



Casper



Casper & Janet Martin

From Our Kitchen



SUMMER SQUASH AU GRATIN

Summer Squash Au Gratin by Caitlin Bowman

Ingredients :

- 4 Tablespoons Butter - divided
- 3 Tablespoons Flour
- 2 c 1/2 & 1/2 or Milk
- 1 c grated Gruyère or cheddar
- 1/2 c grated Parmesan
- 1/2 c crumbled ritz crackers
- 1 lb summer squash and zucchini (about 2 or 3 average size.)

Directions :

Preheat oven to 375 degrees

1. Slice squash in 1/4 inch rounds and set aside
2. Butter 10" pie plate or pan
3. In saucepan, melt 3 Tablespoons butter
4. Add flour and whisk over medium low heat for one minute until smooth
5. Gradually add in half and half and simmer until thickened
6. Off heat add 3/4 c Gruyère and 1/2 c parm, 1/8 tsp nutmeg, and salt and pepper to taste
7. Melt remaining Tablespoon butter and drizzle over cracker crumbs mixing well. Add remaining Gruyère and mix
8. Layer bottom of plate with a bit of sauce, and layer squash slices in a circular pattern. Top with rest of sauce and the cracker mixture and fresh herbs if you like
9. Bake for half hour or more until bubbly and brown on top.

How You Can Help

Volunteer

Only have an hour?
That's O.K.!

There are no minimum requirements for
volunteers!

We need:

- *church chaperones
- *dinner time helpers
- *board game buddies

Email activities@islandcommons.com

Join Our Team

There are opportunities available for
in home care & in *our* home.

Email amy.rich@islandcommons.com

Donate

You can find our "Give Today" button
@ www.islandcommons.com.



Helen Nannery enjoys
her beautiful birthday
cake.



Chuck Varney shows Sylvia
Ross a 1940 photo of her
father beside an apple cider
press.



We can't get enough
of Casper.