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Dear Families & Friends,



We are proud to be a CMS rated 5-star facility four years in a row!

I'd like to express my gratitude to the courageous community here at Concord Healthcare & Rehabilitation Center. Our team has been working tirelessly to keep our staff, residents, patients, and families safe. Now, less than a year after the COVID-19 virus first emerged, we're thrilled to begin our vaccination protocol and we started administering vaccines to both staff and residents.

Our 5-star accreditation by the CMS is an achievement that speaks directly to the dedication and professionalism of our staff. It's worth noting that ongoing training and education is one of our mandates and contributes directly to our success. I'd like to take a moment to congratulate our team on last month's Staff Education Marathon, which was a huge hit.

We're always looking for new and innovative ways to improve our residents' quality of life while adhering to safety protocols. That's why we're so excited that our custom-made, heated visiting area is finished! Created especially for our center, this heated visiting area enables our residents to comfortably have outdoor visits during the winter months. At Concord, we recognize the critical role that family and friends play in our residents' lives, and the importance of remaining social to mental health, which is why this visiting area means so much to our staff, residents, and families.

Thank you for continuing to trust us with the care of your loved ones. On behalf of everyone here at Concord, we'd like to wish you all the best for the upcoming year!

JAY KRAMER, ADMINISTRATOR

Up close & personal with
**Tish
Donaldson**



We would like to take this opportunity to recognize **Tish Donaldson, our Human Resources Director**, as Concord Healthcare & Rehabilitation Center's Employee of the Year! Tish has done an amazing job during the pandemic under exceptionally difficult circumstances.

Tish joined Concord Healthcare in 2011 and has worked diligently over the past decade to ensure our team is happy and morale is high. One of the reasons Tish loves Concord, is because "it's very family-oriented and a beautiful place to work," she says. She would know, as her three daughters all work alongside her at Concord! One is the Receptionist, another a Certified Nurse's Assistant, and the third as a Registered Nurse.

Starting her career at Concord as a Staff Coordinator, Tish was promoted to Human Resources Manager and eventually Human Resources Director where her duties include, but are not limited to, payroll, employee scheduling, conducting background checks, reporting annually to OSHA, and ensuring our facility is in compliance with staffing ratios 24/7.

Tish is a born and bred Lakewood gal and still lives in the area just minutes from our center. She has a business degree and has worked as a CMA (Certified Medication Assistant) in a number of long term care and assisted living facilities prior to coming to Concord. "I've always been drawn to these settings," she says. "I have a passion for wanting to care for the staff, residents and patients here."

Tish is the proud grandmother of four grandchildren. In her leisure time she enjoys shopping and reading.

Thank you, Tish for going above and beyond in supporting our staff so they can give our patients and residents the best possible care.



Family spending quality time together in our new, custom-made heated booth assuring comfortable outdoor visitation.

Still Feeling The Cheer . . .

Although the holidays looked a little different this year, one thing remained the same – our community had lots of fun!

Santa stopped in for a visit and we celebrated with our **ugliest Christmas sweaters**. From crafts to games, we kept busy. Many residents braved the cold for an **outdoor holiday concert**, and food crafts like our **Ice Cream Cone Christmas Trees** were fun, therapeutic, and delicious to eat!



We happily said “goodbye” to 2020 as we **rang in the New Year** in style, celebrating with champagne and delicious food. With the holidays over, we look towards 2021 with renewed optimism and hope!



Happy 103rd Birthday to Lucy!!!



On Lucy Bolognese's recent special day, she received a total of 133 birthday cards from admirers and friends from far and near. Thanks to all who sent in cards to make her day special.

WHAT'S COOKING? ❤ FAVORITE RECIPES

Black Bean & Sweet Potato Quesadillas



Looking for a quick pick-me-up? Try this delicious vegetarian treat!

- 1 large sweet potato, peeled and diced
- 1 teaspoon chopped fresh cilantro
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup frozen corn
- 1 (19 ounce) can black beans, drained & rinsed
- 8 (8 inch) flour tortillas
- 1 cup shredded Cheddar cheese
- cooking spray

Place sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until very tender, about 15 minutes. Drain and transfer to a bowl. Mash sweet potatoes and mix in cilantro, chili powder, and salt.

Place corn in a microwave-safe bowl and microwave on high until warmed, 1 to 2 minutes. Spread $\frac{1}{4}$ cup sweet potato mixture onto 1 tortilla; cover with $\frac{1}{4}$ cup black beans and 1 tablespoon corn. Sprinkle $\frac{1}{4}$ cup Cheddar cheese atop corn; cover with a tortilla. Repeat with remaining tortillas and fillings.

Spray a frying pan with cooking spray and place over medium heat; cook 1 quesadilla in the hot pan until cheese is melted and beans are heated through, 3 to 4 minutes per side. Repeat with remaining quesadillas; slice into quarters.

JAN 8: Happy Birthday Elvis Happy Hour

JAN 13: Popsicle Snowflake Craft

JAN 15: Super Hero Day / Batman Premier

JAN 18: MLK Day / Remembering Dr. King

JAN 20: Cheese Lovers Day / Can You Name That Cheese?

JAN 25: Marshmallow Monday

JAN 26: Chicken Soup for the Soul Readings

JAN 27: What is Tu B'Shevat?

JAN 28: Blueberry Pancake Day