

Citizens'

Chit-Chat

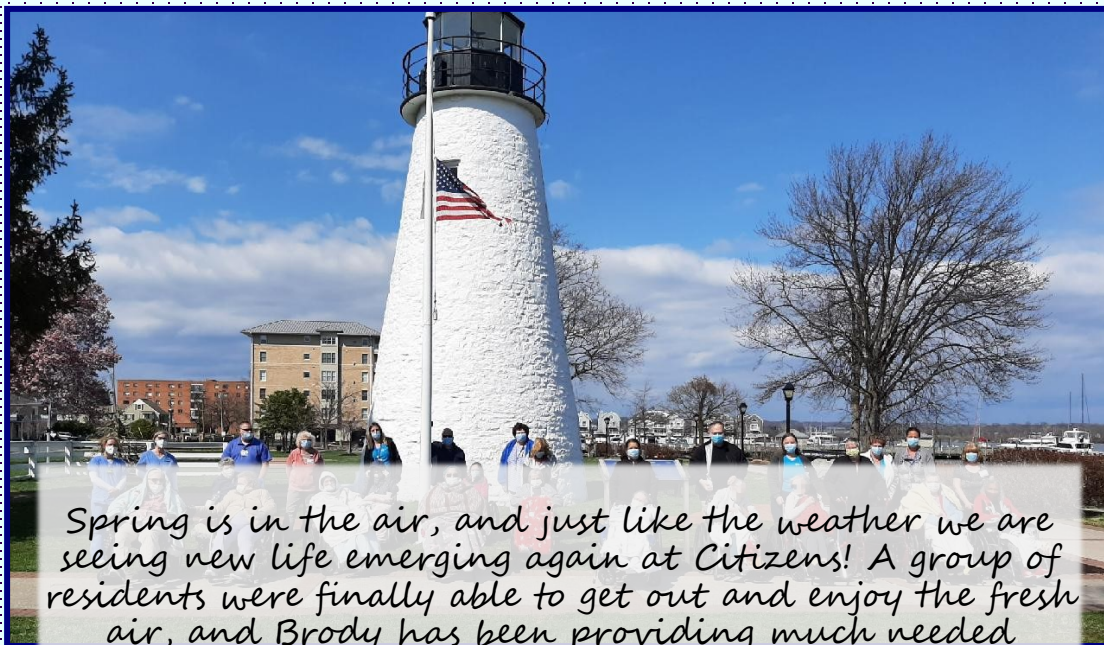
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Spring is in the air, and just like the weather we are seeing new life emerging again at Citizens! A group of residents were finally able to get out and enjoy the fresh air, and Brody has been providing much needed therapy visits to all. Check out the Activity Calendar for new upcoming programs and contact someone in Activities today to see how you can sign up for Citizens' Rolling and Strolling program.

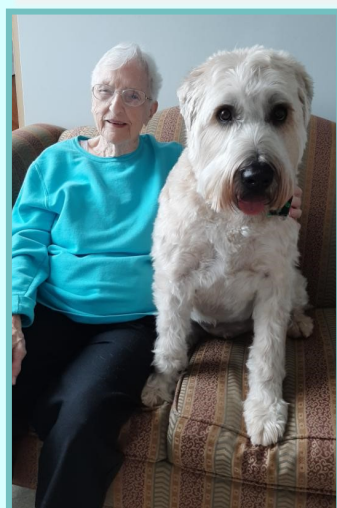


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At Your Service

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Happy Birthday to our residents and guests...



- 14 Jeannette R.
- 15 Stanley B.
- 18 Deborah F.
- 19 Beatrice A.
- 19 Patricia V.
- 30 Margaret M.



Employee Birthdays & Anniversaries

- | | |
|-------------------------------|-----------------------------------|
| 02 Denise Q. (Med. Records) | Janet M. (Admin.).....45 yrs. |
| 04 Dymond C. (Nursing) | Mercy H. (EVS).....25 yrs. |
| 04 Brenna G. (Activities) | Dawn C. (Nursing).....18 yrs. |
| 05 Terriann R. (Activities) | Loren T. (Dietary).....18 yrs. |
| 07 Darrick D. (Dietary) | Hezron N. (Nursing).....13 yrs. |
| 16 Diane B. (Social Services) | Bonnie K. (Beauty Shop)...11 yrs. |
| 21 Tina D. (Nursing) | Barbara M. (Beauty Shop)...11yrs. |
| | Irene V. (Nursing).....10 yrs. |
| | Susan P. (EVS).....8 yrs. |
| | Regina S. (Dietary).....7 yrs. |
| | Sherry J. (Security).....5 yrs. |
| | Chelsea A. (Nursing).....4 yrs. |
| | Erica J. (Nursing).....4 yrs. |
| | Patricia M. (Dietary).....3 yrs. |
| | Adrienne G. (Nursing).....3 yrs. |



Something to Look Forward To...

On April 14th we are having a special meal delivered to your room- Submarine sandwiches made by the Dietary and Ac-tivity departments and served with Real Coke or Pepsi and Chips. We will be making them that morning and trying to accommodate as many types of diets as possible. They will be served on your lunch tray. Be looking for us to come to your room to take your orders beginning on Monday, April



What makes you laugh?



April is National

Humor Month and we know laughter proves to be the best medicine. So find what makes you laugh and do it, watch it, read it often! Develop and embrace your own sense of humor and be sure to surround yourself with people who make you laugh. You'll be better for it!



This is Citizens' Recipe Share Page. If you have a recipe you have made and think your co-workers would enjoy please bring a copy to the Activity Office or send it directly to Brenna_Grieco@citizenscarecenter.com.

Thank you!

Coconut Cake with Coconut Buttercream Frosting (Just in time for Easter)

This sweet southern scratch-made **Coconut Cake** with coconut buttercream frosting is moist, tender, melt-in-your-mouth perfection.

Prep Time 1 hour

Cook Time 25 minutes

Cooling time 1 hour 15 minutes

Total Time 2 hours 40 minutes

Servings 24 servings

Ingredients

Coconut Cake [3 Layers]

3 cups [cake flour](#) (measure AFTER sifting)

1 tablespoon [baking powder](#)

1/2 teaspoon [salt](#)

6 large egg whites- room temperature

1 1/2 cups [white sugar](#), divided

3/4 cup unsalted butter, softened

2 teaspoons [coconut extract](#)

1/4 cup sour cream

1 1/2 cups [full-fat, unsweetened coconut milk](#) (NOT coconut cream!)

Coconut Buttercream Frosting

1 1/2 cups unsalted butter, softened

2-3 teaspoons [coconut extract](#)

1 teaspoon [vanilla](#)

1/4 teaspoon [salt](#)

6 cups powdered sugar, sifted

5-6 tablespoons [coconut milk](#)

2 cups [flaked, sweetened coconut](#)

Instructions

Cake Layers

~ Position oven rack in the center (or just below center) of the oven.

~ Preheat oven to 350°F [175°C].

~ Grease and flour three round cake pans. Line pans with parchment paper for easy release and clean-up.

NOTE: 8" or 9" cake pans will work for this cake. (They must, however, all be the same size!)

~ Measure sifted cake flour, baking powder, and salt; sift together three times. Set aside.

~ Combine sour cream and coconut milk in a small bowl and set aside.

~ Using an electric mixer with a large mixing bowl, cream butter and 1 cup of sugar together until light and fluffy. Add coconut extract and mix to combine. Add flour mixture alternately with coconut milk and sour cream mixture, beating after each addition.

~ Remove bowl from mixer and set aside. [DO NOT begin this step until you have completed the previous step.]

~ In a medium mixing bowl, beat egg whites until foamy.

~ Add 1/2 cup sugar gradually, beating until meringue will hold soft peaks. **[Do this step by hand. Do not use a mixer.]** Carefully fold beaten egg whites into batter.

~ Pour batter evenly into the three prepared cake pans.

~ Bake layers in preheated oven: 22-25 for 9" cake pans / 25-30 minutes for 8" cake pans - or until a toothpick or skewer comes out clean. (If your oven cooks unevenly, carefully rotate pans on rack at the 15-minute mark.)

~ Allow cakes to cool in their pans over wire rack for 10 minutes.

~ Carefully tap out onto wire rack to cool completely.

~ Wrap and chill layers in refrigerator for at least an hour (or up to a week if you need to).

Coconut Frosting

~ Using an electric mixer, beat butter on medium-high until light and fluffy.

~ Add coconut and vanilla extracts and salt and mix to thoroughly combine.

~ Slowly add powdered sugar, mixing well after each addition.

~ Add coconut milk, one tablespoon at a time, beating on medium-high until fully incorporated.

Cake Assembly

~ Once the cake is completely chilled, [trim the layers](#).

~ Spread the top of the bottom layer of cake with frosting.

~ Add the middle layer and frost top. Add the top layer.

~ [Apply a crumb coat](#) to the entire cake. (A crumb coat is a thin layer of frosting that covers the top and sides of a cake.)

~ Return the cake to the refrigerator for another 15 minutes.

~ Frost the entire cake with a generous layer of frosting.

~ Sprinkle flaked coconut over top and sides of cake before the frosting sets.



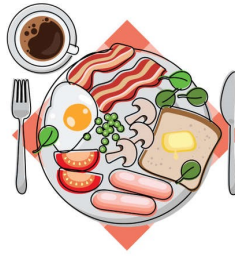


What's New in Dietary

Our Mission is to provide safe and nutritious meals for our guests and residents based upon individual likes, dislikes and diet prescriptions. COVID 19 has brought many challenges for all of us. However we have been providing special meals for celebrations such as Cooking on the Grill for Mardi Gras and before that in February we celebrated Valentine's Day with a Fried Shrimp Feast, seasoned potatoes and roasted carrots. Another special was Irish Banger Medallions, Fried Potatoes and Guinness Brownies for St. Patrick's Day. I enjoyed making my usual fair for you during Oktoberfest using my own family's recipe for Schwabisch Macaroni and Cheese, paired with Marylyn's Black Forest Cake. Frank, your Head Chef, has made shrimp salad and Salmon filets with different sauces. We continue to have an array of homemade soups each weekday ending with our own Maryland Crab Soup on Friday. You have awakened to Christie's infamous Quiche Lorraine for breakfast. As I travel throughout the building I keep hearing that you would like to have more Pizza and French Fries. Well I have been listening, so be on the lookout for them as well as these delicious changes: Sloppy Joes, Beef Pot Pies, Baked Cajun Chicken, Chicken n' Dumplings, Sweet and Sour Chicken, Lemon Crusted Cod Filet with Mary's Lemon Butter Sauce, green beans with garlic and parmesan cheese. We also have Roasted Brussel Sprouts, Corn Fritters and more headed your way. I want to thank all of our cooks, Christie and all of you for your input. Let me know how we are doing!

I'll see you on your units.

Darrick E. DeBoard, Sr, CDM, CFPP
Director of Dietary Services



Sonny Says.....

Breakfast is my favorite meal of the day. I begin with peeled and cut up orange wedges, served cold. What a way to start off a good meal. I slowly chew the orange wedges and this puts a big smile on my face.

Next comes my cream of wheat, served steaming hot with a couple of patties of real butter and sweetener. Melts in my mouth while I consume the rest of it.

Then my toasted bagel with cream cheese. Melts in my mouth. This is a flavorful and wonderful addition to my breakfast. Served with two cups of hot coffee and then my coffee cake. It is a good finish to my breakfast. Most days I have a banana. Puts a finishing touch on the meal that starts my day off. It is a "grand slam" start for my day.

See your diet care person to get your day off to a great start!

~ Sonny S.,
Harbor View



How well do you know the town you live in? Havre de Grace Trivia...

What does the name Havre de Grace mean in Old French?

The Harbor Graced or Harbor of Grace

Who first inhabited the area that is known as Havre de Grace?

The British or The Susquehannock Native Americans

What was the nickname given to the Havre de Grace Racetrack?

The Graw or Little Pimlico

The first Streets in Havre de Grace were paved with what?

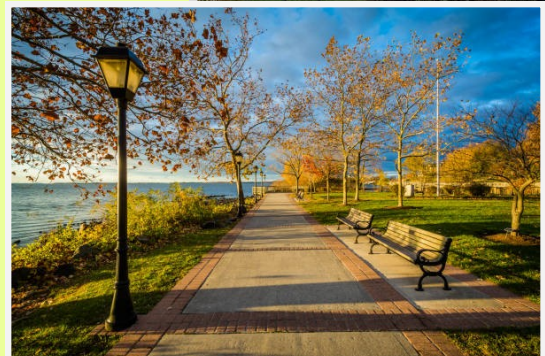
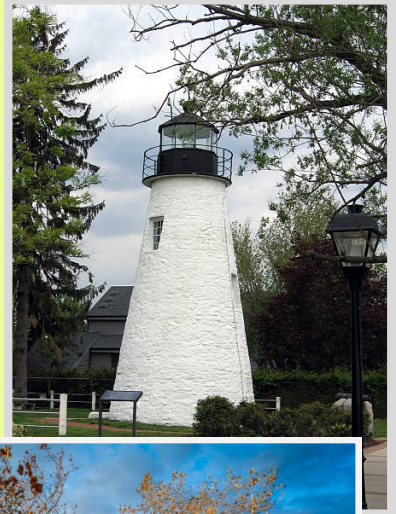
*Small pea gravel from the quarry or
Crushed oyster shells*

When was the Concord Point Lighthouse built?

1799 or 1827

By how many votes did Havre de Grace lose the
race to become the Capital of the United States?

73 or 1



Answers: 1). Harbor of Grace 2). The
Susquehannock Nat. Amer., 3). The
Graw, 4). Crushed Oyster Shells, 5).
1827, 6). 1

**CITIZENS CARE AND
REHABILITATION CENTER
IS ON
Facebook!**



Telephone Assurance Program (T.A.P.) is a free service provided by Citizens Care & Rehabilitation Center and a group of volunteers who make the daily person-to-person telephone calls to individuals who live alone or have medical problems but wish to remain at home. Volunteers with T.A.P. check on the well-being of the participant daily. T.A.P. operates seven days a week, 9am-11am. "A phone call a day to make sure you are ok." All information received by T.A.P. is kept confidential. If interested in this free service in Harford County contact Janet McDonald at 410-942-2112.

The Chit-Chat Staff
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Darrick DeBoard Jr.

Notice

We wish to reaffirm our policy that all persons, regardless of race, color, religion, sex, national origin, disability, age, genetics, marital status or sexual orientation are considered for employment or admission to Citizens Care & Rehabilitation Center.