

Vienna Vine



February 2019

Random Acts of Kindness Day

Sunday, February 17th

Sunday, February 17th, is National Random Acts of Kindness Day. Of course you can be kind every day, but the 17th is an opportunity to step out of your comfort zone and do something extra kind! Here are a few fun and easy ways to be kind according to the Random Acts of Kindness Foundation.

1. Find out something new about a coworker, friend, or neighbor.
2. Organize a clean up party. Isn't life just a little bit calmer when everything is clean?
3. Leave a positive note for someone. It doesn't have to be anything fancy. You can put it straight on a sticky note!
4. Call someone to reminisce. Recalling special moments can bring up those good feelings.
5. Write down someone's best qualities. Can you imagine how much your confidence would soar if someone did something nice like that for you?
6. Text someone good morning or good night. A quick little high, I'm thinking of you, have a great day!
7. Leave quarters at the vending machine. How fun to go to the vending machine and find your next treat is covered by some generous stranger.
8. Make a handmade card.
9. Send a letter to someone. How fun is it to receive something thoughtful in the mail?
10. Complain less. Sometimes it's easy to focus on what's making our lives more difficult, but science shows that by spending a little extra time to think about what we're grateful for instead you'll feel much better.



Photo and suggestions from www.randomactsofkindness.org

January Recap

Last month at Vienna...



We Rang in the New Year
Cheers to a wonderful 2019!

We gave away a brand new car!

Thank you again to Amor for your 30 years of service to Vienna



We were awarded 2018's Large Business of the Year

Thank you to the Lodi Chamber of Commerce for this recognition, and an even bigger thank you to all of our wonderful employees who made this possible.



♥ Health Benefits of Dark Chocolate

Nothing says Valentine's day like chocolate! Here's the good news... dark chocolate (in moderation of course) actually has some health benefits for you too!

1. **Chocolate puts you in a good mood** Chocolate can improve your mood, especially in high stress situations..
2. **Chocolate helps you eat less** "One study quantified this by giving participants a 100 g serving of either milk or dark chocolate two hours before being served an all-you-can-eat lunch.[3] Ingestion of dark chocolate was correlated with a 17% lower calorie intake at the following meal, compared to the milk chocolate group."
3. **Chocolate helps for a healthy heart** Regular chocolate consumption can improve your cardiovascular health. It can help increase the HDL (aka the good cholesterol) which in turns leads to decreased oxidized LDL cholesterol (aka the bad cholesterol). It also even helps increase circulation .
4. **Chocolate is good for glowing skin and sun protection** In one study, two groups of women consumed either a high flavanol (dark chocolate) or low flavanol (milk chocolate) for a period of 12 weeks. While the low flavanol group showed no change in markers of skin health, subjects in the high flavanol group had on average 25% reduction in sunburns after exposure to a solar simulator.
5. **Chocolate may lower inflammation** In one study, obese mice supplemented with cocoa powder had healthier levels of inflammation and insulin.
6. **Chocolate is a prebiotic** It's good for your gut
7. **Chocolate for antiaging** Chocolate helps with the creation of mitochondria aka the powerhouse of the cell and give us energy! Not like coffee energy, like young people energy.

Benefits compiled from www.bulletproof.com



Peanut butter Cup Fudge Brownies



Ingredients

- 10 tablespoons unsalted butter
- 4 ounces semi-sweet or milk chocolate chopped + divided
- 1 cup granulated sugar
- 2 teaspoons instant coffee
- 2 teaspoons vanilla extract
- 2 large eggs
- 1/2 cup cocoa powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon kosher salt
- 1/2 cup creamy peanut butter
- 1 tablespoon butter softened
- 1 tablespoon powdered sugar
- Reese's peanut butter cups roughly chopped

Fudge

- 1/2 cup heavy cream
- 5 1/2 ounces semi-sweet chocolate chopped
- 1 tablespoon creamy peanut butter
- 2 teaspoons vanilla
- 1 tablespoon bourbon optional

Directions

1. Line an 8x8 with parchment paper. Heat oven to 325°F.
2. Add the butter and 2 oz milk chocolate to a medium size, microwave safe mixing bowl. Microwave butter and chocolate in 30 second intervals, stirring after each interval until melted and smooth, roughly 90 seconds. Add the sugar and instant coffee to mixture, whisking until completely combined. Add vanilla, and eggs, whisk until smooth. Next, stir in the cocoa powder, flour and salt until smooth and just combined.
3. In another small mixing bowl, mix together the peanut butter, 1 tablespoon butter and powdered sugar until smooth.
4. Pour half the brownie the batter into the prepared pan. Next, dollop the peanut butter mixture onto the brownie batter and sprinkle with the remaining 2 ounces chopped chocolate. Layer the remaining batter on top of the other layers.
5. Bake for 25-30 minutes, until the brownies are set on top. Allow the brownies to cool completely before frosting.
6. Meanwhile, to make the frosting, heat the cream in a saucepan until just below a boil. Remove from the heat and stir in the chocolate and peanut butter until melted and smooth. Add the vanilla and bourbon until smooth.
7. Once the brownies are cool, spread the frosting over top. Sprinkle with chopped Reese's. Allow the frosting to set about 30 minutes then slice into bars. Brownies can be stored at room temp or in the fridge for about four days.

Presidents Day

In honor of President's Day we've put together some of our favorite fun facts about presidents:

- George Washington was the only president unanimously elected. Meaning all of the state representatives voted for him.
- Thomas Jefferson was also an accomplished architect. He designed his famous home at Monticello as well as buildings for the University of Virginia.
- James Madison was the shortest president at 5 feet 4 inches tall and weighed 100 pounds. Abraham Lincoln was the tallest president at 6 feet 4 inches tall (Lyndon B. Johnson was also 6' 4").
- On the day he was shot, Lincoln told his bodyguard that he had dreamt he would be assassinated.
- Abraham Lincoln often stored things like letters and documents in his tall stove-piped hat.
- Franklin D. Roosevelt met President Grover Cleveland when he was five years old. Cleveland said "I am making a wish for you. It is that you may never become president of the United States".
- Franklin D. Roosevelt was the first president to appear on television during a 1939 broadcast from the World's Fair.
- The "S" in Harry S. Truman does not stand for anything.
- John F. Kennedy was the first president who was a Boy Scout.
- Woodrow Wilson was buried at the Washington National Cathedral. He is the only president buried in Washington D.C.
- Andrew Jackson was shot in the chest during a gun duel, but managed to stay standing and shoot and kill his opponent. The bullet could not be safely removed and remained in his chest for the next 40 years.
- George W. Bush is the only president to have a Master of Business Administration (MBA) degree.
- Barack Obama won a Grammy Award in 2006 for his voice on the audio book

Dreams From My Father.

- Bill Clinton enjoys playing the saxophone and was a member of a band called "Three Blind Mice" in high school.
- Martin Van Buren was the first president to be born as a citizen of the United States. The presidents before him were born as British subjects.
- Martin Van Buren was the only president to speak English as a second language. His first language was Dutch.
- James K. Polk was the first president to have his photograph taken while in office.
- William Henry Harrison died just 32 days after becoming president. He died from a cold he got while standing in the rain giving his inauguration speech.

www.ducksters.com



DEAR FAMILIES & FRIENDS

During this cold and flu season, we would like to send a gentle reminder and ask that you please reschedule your visit to Vienna if you are sick. Keeping our patients and residents healthy is our number one priority and we need your help to do that. If you are sick, please reschedule your visit to Vienna to a day you're feeling better.

Thank you!



New Residents

Marjorie Vierra	January	3
Lucrecia De La Cruz	January	3
Percy Contreras	January	4
Ronald Laub	January	8
Ferne Hays	January	15
Evelyn James	January	16
Stanley Nicholson	January	18
Reginald Carlile	January	18
Tommy Bridgers	January	22
Peggy Lovitt-Young	January	22
Frances Smith	January	24
David Bennett	January	24
James Ussery	January	25
John Adamson	January	26
Stephen Wasik	January	29
Choya Steiger	January	29
Xelpho Womack	January	29
Steve Caulfield	January	30
Ronald Laub	January	30
Sharon Maas	January	31

Employee Birthdays

Elvira Garcia	February	2
Mai Thao	February	2
Andrea Naranjo	February	5
Mely Burgess	February	9
Jamie Vilinskas	February	12
Jove Magallanes	February	16
Margarita Alcodia	February	22
Ester DeSantiago	February	22
Sonny Espera	February	24
Imelda Lopez	February	28
Amalia Munoz	February	28
Doris Talens	February	28

Resident Birthdays

Patricia Ceccarini	February	3
Maria Diaz	February	5
Stanley Rall	February	6
Patricia Wiley	February	7
Alyce Sasaki	February	13
Ronald Webb	February	13
Donald Hart	February	14
Pattie Mendez	February	16
Beverlee Saunders	February	20
Lora Gadow	February	28

New Employees

Michele Quismondo	January	2
Katina Nowak	January	3
Martina Centeno	January	18
Raquel Ednilao	January	18

Beauty Shop Info



Manicures & Haircuts on Mondays
Perms/Color on Tuesday Mornings
Perms on Tuesday Afternoons

~Sets on Wed. Thurs. & Fridays.
 As a Render, please contact
 Beauty Shop if an appointment
 can not be kept.

Thank you,
Dianne & Kristine

Administrative Staff

Administrator

Director of Nurses

Office Manager

Medical Records

Social Services

Director of Staff Development

Dietary Supervisor

Accounting

Laundry/Housekeeping Supervisor

Maintenance

Activity Director

Quality Assurance Nurse/Case Manager

MDS Coordinators

Rehabilitation Director

Marketing Director & Business Development

Admissions Coordinator

Ward Clerk

Beauty Operators

Receptionist

Corey Wright

Roxan Vincent

Alison Plines

Brittany Ortegell

Emily Denham & Lisa Reich

Ida Ventura

Al Loza

Teresa Stocker

Linda Araiza

Roger Perez

Ester De Santiago

Mary Scott

Alfie Donato, Doris Talens & Hazel

Kristi Passey

Jamie Henderson Vilinskas

Juanita Riberal

Julia Chacon

Kristine Meissner & Dianne Landon

Estefani Mejia

The "Vienna Vine" is written, compiled, edited and designed by Jamie Vilinskas & Ester De Santiago

Vienna Nursing & Rehab. Center

800 S. Ham Lane

Lodi, CA 95242

(209) 368-7141 (209) 368-2163 Fax

