

December Newsletter



As we have finished up Thanksgiving here are some reasons to be Thankful!

Happy Thanksgiving Everyone! I am thankful for the opportunities that WI ANFP provides, from networking to friendship, to assisting others, it brings a little bit of everything that I enjoy.

Thank you all for all that you do to provide for others each and every day!

As we come into the New Year be on the watch for various opportunities to help move our organization forward. We will have election ballots coming soon in form of a Survey Monkey, and we will have updates to Policies and Procedures to vote on as well. Please help us by participating in both these things! It is greatly appreciated!

Happy Holidays to all!

Scott Schulz— President Elect, WI ANFP

#6. Holiday Blessings or what you are thankful for.

I am very thankful for my good health and the medical facilities in our little city of 2,410 people.

Thankful for my skills and abilities with the wellness to continue to learn through taking classes, workshops, reading, or Y-Tubes.

Thankful for the desire to stay involve with my community ie Farmer's Market, Price County Health and Wellness Coalition, and more.

Most of all, I am blessed and thankful for family, relatives, friends, and acquaintances plus the people in various organizations that I am apart.

#2 New Resolutions (that you intend to keep)

I don't usually make any resolutions, But, I intend to keep the weight I have loss in the past year off. I will continue to monitor my food intake and weight along with at least 150 minutes of activity week.

Happy Thanksgiving to all,
Mary Zimmerman Retiree

I am thankful for everything life brings me everyday. I have a beautiful grand daughter expected Jan 26th 2023. I am thankful to stay involved with WI ANFP as well as serving on the National Board to give back to all those that have helped me on my journey.

I am thankful to be going back to College to get my Executive Chef Degree as we are never too old to chase our dreams. I am also thankful for all my friends and family that support my dreams.

Mel Kern, News Letter Editor

Thankful at Fairhaven

As we inch back to a more normal holiday season it is amazing to see what changes we will carry over from our experiences with Covid. We no longer allow unlimited guests to join our residents at Holiday meals. Three years ago we topped out at 160 guests at our facility for Thanksgiving meal. As wonderful as this sounds, we made very little to no money off this and we needed 16 staff to serve this type of meal. So yes, we will be serving Thanksgiving to our residents and we will open our dining room with white linens and wine along with all the fixings. But we will not be serving all the families instead encouraging families to take their loved ones home if possible. As hard as it is for us to say this to our families, we need to be sure and take care of our staff who also deserves some of the holiday to celebrate with their families. As difficult as Covid was for all of us I am Thankful that my staff are not going to be so overworked and will have the opportunity to have so much deserved personal time as they truly deserve it.

Milie Bailey-Zarate CDM,CFPP

Director of Dining Services

Fairhaven Senior Services





JAN'S FUDGE

YIELD:

SUGAR 4 ½ CUPS
 BUTTER ½ CUP
 EVAPORATED MILK 1, 13 ½ OZ CAN
 SALT ½ TEASPOON
 VANILLA 2 TEASPOONS
 CHOCOLATE CHIPS 12 OUNCES
 GERMAN SWEET CHOCOLATE 12 OUNCES
 MARSHMALLOW CREAM 10 OUNCES
 CHOPPED PECANS OR WALNUTS 2 CUPS

DIRECTIONS:

COMBINE SUGAR, BUTTER, EVAPORATED MILK, AND SALT IN SAUCE PAN. WHILE STIRRING CONSTANTLY, HEAT OVER MEDIUM HEAT; BRING TO A BOIL; BOIL INGREDIENTS FOR 5 ½ MINUTES. REMOVE FROM HEAT.

ADD VANILLA, CHOCOLATE CHIPS, AND GERMAN SWEET CHOCOLATE. BEAT UNTIL SMOOTH. ADD THE MARSHMALLOW CREAM AND PECANS OR WALNUTS. THOROUGHLY MIX INGREDIENTS TOGETHER.

POUR INTO A CLEAN, FOIL LINED 10X15 IN PAN. (IT IS EASIER TO REMOVE THIS WAY). STORE IN AN AIR-TIGHT, COVERED, LABELED AND DATED CONTAINER.

Submitted by Kayse Grimm, Jan was a dietician she knew and this is a favorite at work and home!!

Easy Homemade Caramel

Ingredients

1 Cup butter, 1 Cup sugar, 1 Cup Brown sugar, 1 Cup Karo Syrup, 1 can sweetened condensed milk, 1/4 tsp salt, 1 tsp vanilla extract, salt flake for top of caramel (optional)

Instructions

1. Prepare your baking dish, Grease a 9 x 13 baking dish with butter, Do not use non-stick cooking spray for this or it will give your caramel a strange flavor. Set aside until caramel is done baking
2. In a large non-stick pan, add the butter, sugar, brown sugar, Karo syrup, sweetened condensed milk, and salt
3. Cook over medium heat, stirring until all the sugar is dissolved and butter is melted
4. Stirring constantly, cook the caramel mixture until it comes up to 240 degrees on a candy thermometer. If you don't have a candy thermometer, use the cold water method. Put a couple cups of cold water in a cereal bowl. Drop a tablespoon of caramel forms a soft-ball its ready. If the caramel dissolves or runs through your fingers, keep cooking it
5. Take the caramel off the heat and immediately to stop the cooking
6. Add vanilla extract and stir until combined
7. Pour the caramel into the greased, prepared 9 x 13 baking dish. Let the caramel cool before cutting
8. Sprinkle with salt flakes if desired, cut into 1" Pieces

Happy Baking!!!

Easy Homemade Eggnog

1 Qt whole milk
 1 14 oz can sweetened condensed milk
 2 eggs well beaten
 1 tsp Vanilla extract
 1 pinch salt

Happy Holidays and Seasoned Greetings from WI ANFP Board! Rick, Scott, Kayse, Shelia, Millie and Jon



SPRING

WI ANFP

Spring Confernce

March 9th, 2023

Whitewater, WI

Save the date for our spring workshop at the Fairhaven Community Center in Whitewater WI. We are

Planning on 5-6 hours of CEU's

At this time, we have speakers lined up for Ethics with Rainbow Hospice, IDDSI with Simply Thick and Bridging the Generations with Fairhaven Director of Leisure services.

I am working with vendors to supply lunch. Watch our newsletter for complete agenda.

Millie-Bailey-Zarate CDM,CFPP

*Save
the
Date*



Lisa Calhoun 12-2
Laura Pyfferoen 12-2
Jamie Sperber 12-2
Millie Bailey-Zarate 12-4
Kathleen Lindquist 12-4
Dena Newville 12-4
Amy Baumler 12-8
Paula Larrabee 12-8
Kathy Prodoehl 12-12
Cathy Ransom 12-15
Derek Sanderson 12-20
Nicole Long 12-21
Tim Siebers 12-23
Tonya Isaacson 12-29



WI ANFP would like to Wish you all a Wonderful Holiday Season and as you do things in your facilities' for Staff and Residents please send me pictures to post on Facebook and also to add to monthly News blast! We would love to share all the great things everyone is doing! Please send to me at chefmkern@gmail.com

From all of us at WI ANFP Have a Verry Merry Christmas and Happy New Year!

2022-2023 Officers

Richard Eggert– President
Scott Schuld– President Elect
Kathleen Grimm– Secretary
Treasurer– Jon Holfeltz
Spokesperson– Shelia Luhman
Impact Team– Millie Bailey-Zarate
Newsletter Editor– Mel Kern