



The SOUTHWIND Breeze

February
2016

This Month:

- Super Bowl Party
- Tour of Atchafalaya Museum in Henderson
- Valentine's Day Party

The Love Bug

Well, we think it's been long enough. It's time that we expose what has happened to many of the staff, residents, family members, and friends of those here at SWSL. There seems to be something going around and it's very contagious. Some sort of "bug" which goes straight for the heart, enlarges it, and stays forever! After talking with several doctors, we have learned that there is no cure for it. But that's O.K. because we are not ashamed to say, we caught it...the LOVE BUG!

Now that our secret is out, and with Valentine's on its way, we would like to share the many reasons why we think the love bug has spread throughout SWSL. Read carefully, for you may realize you have been infected!

Love is waking up in the morning and looking forward to getting to work because you can't wait to tell Mrs. Margaret or Mrs. Mildred all about your latest project. Love is setting aside homemade goodies so that you can bring them to share with Mrs. Barbara. Love is walking in the front door and being greeted with "Good Morning! How are you today?" in the most sincere, genuine, caring way. Love is what we hear when our staff members sing to residents. Love is when one resident offers to push another's wheelchair so they can eat lunch together. Love is walking through the dining room and hearing, "Have a good afternoon and drive safely!" a dozen times. And one of my favorite.....getting a phone call on special days and holidays to tell me that I am loved and that "she" hopes that my family and I have a great day!!

The next time you find yourself performing any of these acts don't be alarmed. And the next time you find yourself doing something outside of your "job description" just because you care, don't worry. You have caught the "love bug" too!

--Laurie Bellard

Department Heads:



Executive Director

Jill Signorelli

Resident Services Director

Miranda Mire

Business Office Manager

Laurie Bellard

Dietary Manager

Maria Young

Activity Director

Jill Villejoin

**Mardi Gras King
& Queen
Jerome Simoneaux
& Barbara
Geesey**




**Employee
of the Month
Lexus Johnson**

Lexus has been an employee with SWSL for 10 months and has proven to be not only dedicated, but caring and compassionate as well. We are fortunate to have her on our team!

Upcoming Events

Mark your calendars and join us!

- 02-02 January Activity Auction
- 02-03 Tour of Atchafalaya Museum in Henderson & Lunch at Crawfish Town in Henderson
- 02-04 Resident Council Meeting
- 02-06 St. Michael's Mass in the dining room
- 02-07 Super Bowl Party! (In the TV Room)
- 02-09 Happy Mardi Gras!
Cooking homemade King Cakes with Laurie!
- 02-10 Lunch at Newk's Eatery in Lafayette
- 02-11 Resident Birthday Party (Barbara Scanlan & Hulna Manuel)
- 02-12 Valentine's Day Party
- 02-16 Casino Trip to Coushatta in Kinder
- 02-23 Lunch at The Coffee Depot in Scott
- 02-24 Arts & Crafts: Making Sugar Eggs

Birthdays and Anniversaries

Residents:

- 02-10 Leon P., 5 Years
- 02-13 Barbara S.
- 02-24 Hulna M.
- 02-25 Antoinette B., 6 Years

Employees:

- 02-11 Mary Broussard, 5 Years
- 02-12 Mary Broussard
- 02-23 Karen Richard



Auction Money Activities

*Bingo every day
At 3 PM & Trivia
Mondays every
Monday at 10 AM*

- 02-02 Activity Bingo & Plinko
- 02-10 Let's Make a Deal
- 02-11 Birthday Party
- 02-18 Music Bingo
- 02-23 Deal or No Deal

New Year's Eve Party



Mardi Gras Fun Facts!

New Orleans held its first Mardi Gras parade in 1837. Floats appeared 20 years later.

Masks are a fun part of Mardi Gras, but if you're riding on a float, don't leave home without one. It is illegal to ride on a Mardi Gras parade float in New Orleans without wearing a mask!

Another name for Mardi Gras is "Shrove Tuesday." The word "shrove" comes from the "shrive," which means "to confess." Going to confession is an unofficial practice of Catholics prior to starting the 40 day spiritual journey of Lent.



What's Your Favorite Recipe?!?!?



Southwind Senior Living wants your favorite and most delicious recipes for our 1st ever cookbook! All residents, staff, family, and friends of SWSL are encouraged to turn in your recipes to Jill Villejoin. Please make sure your recipe has a title, who is submitting it, and your relationship to SWSL. Please see Jill Villejoin with any questions. You may also email your recipes to jvillejoin@elderoutreach.com.



In Loving Memory Lloyd Hebert 1926-2016

From Chef's Family Table

"Hello again from my family's table! I have for you this month a family favorite. We all love meat loaf which is an American classic but I always felt it never lived up to what I thought a really good meat loaf should be. Well one day my Chef brain started to work and I started to think how I could change things up and I came up with spinach and cream cheese stuffed meat loaf. First time I made it my family loved it and told me to never make it the old way again. It's like eating meatloaf with a spinach cheese cake in the center of it. I hope you and your family love this meat loaf as well as my family does. *From my family's table to yours, Bon Appetite!*" – Chef Reynold Landry

Spinach and Cream Cheese Stuffed Meatloaf

Feeds 6 to 8 people

- 3 lbs. Fresh ground beef
- 2 Eggs
- 1 ea. Small diced bell pepper
- 1 ea. Medium sized yellow onion diced small
- ¼ cup Soy Sauce
- ½ cup Flour
- 3 tbs. Cajun seasoning
- 3 tbs. Minced Garlic
- 2 tbs. Onion powder

1 to ½ cup Ketchup or preference.

Place all ingredients into a large size bowl and mix thoroughly with your clean hands.

Spinach Cream Cheese Stuffing:

- 1/ 8 oz. Package cream cheese.
- 1/ 8 oz. Package of Frozen Chopped spinach
- 1 tbs. Cajun Seasoning
- 1 Large Egg white (a whole egg tends to be too much)
- 1 tbs. Flour

Place frozen spinach in a colander and run under water until defrosted and press out as much water as you can from the spinach. Take the spinach and heat it in the microwave just to soften so you can mix everything evenly. Add the seasoning, flour and egg and mix well.

Meatloaf assembly:

Place ¾ of the meat mix into the center of a sprayed pan and form into a loaf. Wet your hands with water to help from your hands getting gloppy. After that, start to form a well in the center of the meat while keeping the shape of the loaf. Spoon in the filling, then with the remaining meat make thin patties and close up the top of the loaf so the filling will not bubble out while baking. Pour ketchup on top of the loaf. Pre-heat oven to 350 then bake for 40 to 50 minutes or until internal temperature is 165 degrees. Let rest for 15 minutes then cut into slices and serve. Enjoy!



Happy Birthday!



January Birthdays: Leon Poche, Margaret Brunson, and Shirley Cassidy

Thank You Winn Dixie!

SWSL would like to thank Winn Dixie of Crowley for donating the delicious and beautiful birthday cake this month. To order your next cake from Winn Dixie call 785-0010 or stop by their store on North Parkerson.

Reminders....

- If you have any family or friends that would like to receive a monthly newsletter and calendar, please give their name and address to Jill V. If you wish to view the newsletter and calendar on line, please visit our web site at www.southwindassistedliving.com.
- We will begin making sugar eggs on February 24th. Decorating will begin February 25th. Please see Jill V. with any questions.
- On Wednesday, February 3rd we will be touring the Atchafalaya Museum. Admission to the museum is free. Afterwards, we will have lunch at Crawfish Town, USA in Henderson.
- During inclement weather, Wal-Mart trips will be cancelled.
- The February activity auction will be held on Tuesday, March 1st.
- The covered driveway is for picking up and dropping off ONLY! Please DO NOT leave your vehicle unattended at any time. Emergency vehicles need access to this fire lane at all times. Thank you for your cooperation.
- Any resident in need of transportation for doctor's appointments, please give your information to the Activity Department a MINIMUM OF **ONE WEEK** before the appointment.
- SWAL would like to remind guests smoking is prohibited on the front porch and to please kindly discard cigarette butts in a safe manner and not on the ground. Thank you for your cooperation.

Southwind Assisted Living

**626 Crowley-Rayne
Hwy.
Crowley, LA 70526**

**PHONE:
(337) 788-1113**

**FAX:
(337) 788-1195**

We're on the Web!

See us at:

www.southwindassistedliving.com

Our Mission

Our mission is to operate and manage the highest level of quality independent and assisted living communities where we provide superior service and unmatched value where:

- Residents and their family members are shown compassion and understanding, respect and dignity and caring support.
- Team members feel a sense of belonging.

About Us –

Southwind Assisted Living is a continuing care retirement community designed to provide a healthy, secure living environment; quality apartment housing with thoughtful amenities; and individual care programs designed for the senior and their families. Our living arrangements will allow you to maintain as independent a lifestyle as possible. We are convenient to shopping, medical providers, and all community services.



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Crowley, LA 70526**

