

Guided by goodness, loyalty, faith, and fun



Heatherwood Leadership Team
715.552.5511
heatherwoodal.com

Kelly Deutscher
Administrator

Jere Schroeder
Business Services Director

Melissa Warwick
Wellness Director

Cecilia Manowski
Memory Care Coordinator

Jean Schroeder
Life Enrichment Coordinator

Jenny Hall
Dining Service Director

Noel Larson
Maintenance Director

Resident Birthdays

Bette Schuldt 23rd

Resident Journey

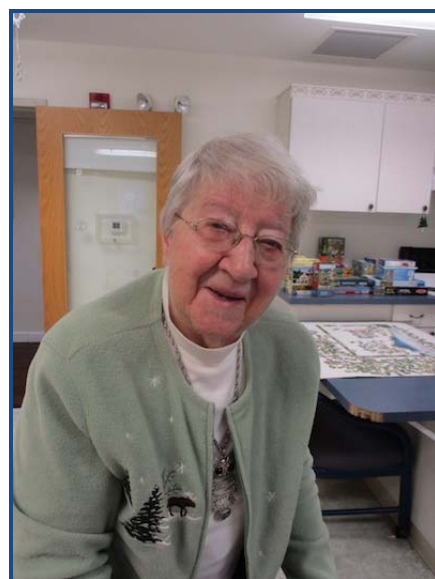
Beatrice (Bea) Albright

Bea comes to HeatherWood from Elgin, Illinois to be near her niece and her grandnieces and their children.

Bea was a nurse in charge of Employee Health for Sherman Hospital's 2500 employees. In 1995 she was named "Woman of the Year" for her work in the Elgin community. She was active in her church and many other organizations.

At HeatherWood she is very active in Sittercise, book club, games, baking, projects, and Happy Hour.

Bea finds HeatherWood to have a very homey and pleasant atmosphere to live in.



**February Life Enrichment
Events
Please join us!**

Lunch out
Happy Hour
Birthday Bash
Manicures
Chapel
Bible Study
Sittercise
Bingo
Word Games
Board Games
Bridge
Crafts
Therapy Dogs
Valentine Day celebration

**Monthly Community
Event**

February 28
'Fat Tuesday'

The Eyes of Love

A grandmother and a little girl whose face was sprinkled with bright red freckles spent the day at the zoo. The children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws.

'You've got so many freckles, there's no place to paint!' a boy in the line cried.

Embarrassed, the little girl dropped her head. Her grandmother knelt down next to her. 'I love your freckles', she said.

'Not me,' the girl replied.

'Well, when I was a little girl I always wanted freckles.' she said, tracing her finger across the child's cheek. 'Freckles are beautiful!'

The girl looked up. 'Really?'

'Of course,' said the grandmother. 'Why, just name me one thing that's prettier than freckles.' The little girl peered into the old woman's smiling face. 'Wrinkles,' she answered softly.



Valentine Tree--stop in to see our beautiful tree!

Greetings From the HeatherWood Kitchen

It's that time of year, we are craving those warm, hearty, delicious comfort foods! We have been trying new recipes here at HeatherWood and the '**Loaded Baked Potato & Chicken Casserole**' was a big hit with our residents. This recipe is absolutely delicious and most definitely a keeper for the recipe box!!

Happy cooking from the kitchen staff at HeatherWood!

Loaded Baked Potato & Chicken Casserole

Low-FODMAP Option, Gluten-Free
serves 4

Ingredients

3 - 4 medium russet potatoes, scrubbed and diced small
(about 1.5 lbs. or 4 1/2 cups)*
1 lb. boneless, skinless chicken breasts, diced
4 slices bacon, cooked crisp, cooled and crumbled
1 1/2 cups shredded cheddar cheese
4 green onions, sliced (green parts only for low-FODMAP/low-fructose)
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup heavy cream (use 1/2 cup lactose-free milk whisked with 1 tablespoon gluten-free flour for low-FODMAP)
2 tablespoons unsalted butter, cut into small pieces

Directions

1. Heat oven to 350 degrees F. Lightly grease a 9" x 9" baking pan or casserole dish.
2. Spread half of the diced potatoes in bottom of pan (see note below on parboiling the potatoes*). Place the diced chicken breasts evenly on top. Season chicken with 1/4 teaspoon each salt and pepper. Sprinkle with half the bacon crumbles, 1/2 cup of the cheese, and half the green onions.
3. Spread the remaining diced potatoes on top, followed by the remaining bacon, another 1/2 cup cheese, remaining green onions and another 1/4 teaspoon each salt and pepper. Pour heavy cream (or lactose-free milk and flour mixture) over top of casserole and then dot with the butter. Cover with aluminum foil and bake in the preheated oven for 1 hour. Uncover and bake another 30 minutes. In the last few minutes of baking, sprinkle with the remaining 1/2 cup cheddar cheese and bake until melted. Serve.

* Several comments have mentioned that the potatoes do not cook completely during baking of this casserole. If this is a concern for you, I recommend following these directions from wikiHow: [How to Parboil Potatoes](#). Parboil the potatoes before placing in the casserole dish. This will ensure the potatoes cook completely!

HeatherWood

Assisted Living and Memory Care

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Phone 715-552-5511 | Web heatherwoodal.com
4510 Gateway Drive
Eau Claire, WI 54701

~ Mardi Gras ~

February 28th • 4:30–6pm

You are invited to celebrate “Mardi Gras” at HeatherWood. We will reflect the practice by eating rich, fatty foods to precede the traditional fasting of the lenten season. We might even sneak in some wonderful jazz music. \$100 door prize drawing.

RSVP by calling HeatherWood at 715.552.5511
or email jschroeder@heatherwoodal.com

Valentine Day Concert

February 14th, 2017 • 11am

Join us for entertainment by Clearwater Connection,
a local acapella vocal quartet.



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