



Morning Star Village

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www.livewithmorningstar.com

March 2020 Newsletter

Administrative Staff

Executive Director

Jane Stivers

Director of Health Services

Bookkeeper

Heather Norman

Food Service Director

Rob Bennick

Facility Operations

Director

Michael Cal

Recreation Director

Latonya Thomas

Community Relations

Coordinator

Marianne Drost

Exciting Changes in our Dietary Department

Rob Bennick, our new Food Service Director, is shaking things up in the dietary department! From planning fun snacks for our Super Bowl party to preparing a delicious steak dinner for Valentine's Day, Rob is eager to provide the best quality meals for our residents.

He holds frequent "Round Table with Rob" meetings to listen to residents' suggestions and answer any questions they may have regarding upcoming meals and events.

Rob is also making some additions to our Preference Menu— a separate menu our residents can order from during lunch or dinner time should they choose not to have the entrée on the day. Preference Menu's are posted at each table. Soon Rob plans to offer additional choices such as Salmon (plain, blackened or with lemon pepper), home made Hamburgers (not frozen patties) a Grilled Chicken Sandwich and a Turkey BLT with a seasoned ranch dressing.

Residents enjoyed a "Fat Tuesday" celebration, complete with a luncheon of Gumbo, Red Beans and Rice, Lima Beans, Mashed Potatoes, Roll, Juice and Cake.

Rob and his team will continue to provide fish on Fridays during the Lenten season. Watch for upcoming information about our Easter luncheon for residents and families.

Our Spring/Summer menu will debut soon. Besides new salads and vegetables, staff will be grilling every Wednesday for lunch as well as Fridays at dinner.

March Dates to Note

- 3 Flower Therapy, 1 pm
- 8 Daylight Saving Time Begins
- 14 Greater Rockford Music Student Recital, 2 pm
- 15 Hymns with Grace Reformed Church, 2 pm
- 17 St. Patrick's Day Party, 2pm
Music -Larry Higgs, 4pm
- 19 & 20 AARP Safe Driver's Course at MSV
- 20 First Day of Spring

Fat Tuesday Celebration



Employee's Celebrating Work Anniversaries this March

Mya Holcomb- 1 year
Jessica Mahnke- 2 years

We Our  Staff!

In February we welcomed Ella Stackowicz and family in to our Morning Star Village Family.

Visit our Facebook Page to see even more photos of all the fun we have here at MSV!



News From Our Therapy Department

When people hear the word “Occupational” therapy, they often respond by saying “I don’t need a job”. The American Occupational Therapy Association defines Occupational Therapy as: the “therapeutic use of occupation, including everyday life activities with individuals, groups or organizations to support participation, performance and function in roles and situations in home, school, workplace, community and other settings.

Occupational Therapy is beneficial in helping people reach their maximal level of independence in the areas of Activities of Daily Living skills. This is done by instructing individuals in the use of adaptive equipment or by adapting one’s en-

vironment to improve safety and independence, enhancing motor skills by improving upper body strength and fine motor coordination and dynamic/static balance to maximize independence and safety while performing daily activities.

Occupational Therapy also strives to improve perceptual motor skills by adapting environment for an individual to function safely when experiencing low vision, hemianopsia (blindness over half the field of vision) or other vision loss.

Further, Occupational Therapy works to enhance sensory motor skills by addressing deficits in hearing, smell, taste, touch, vestibular as well as proprioception (perception or awareness of the position and



movement of the body).

Finally, Occupational Therapy works to improve cognitive skills by instructing in compensatory techniques to improve problem solving, short and long term memory deficits as well as attention span.

If you or anyone you know is having difficulty with your everyday life activities, contact Select Rehabilitation to learn more of how Occupational Therapy may help you live your best life.