



GREETINGS FROM ACACIA VILLAGE

NOVEMBER 2017

*Wishing you a
holiday season
full of love,
peace and joy*

*From :
Acacia Village*

If you have been considering a move to a Acacia Village don't wait to schedule your tour and lunch on us. We are proud to say that our apartments are full. Get on our waitlist, so we have an apartment for you when you're ready!

Call Linda or Cindy for more information
or maybe a tour with lunch!

(315) 798-4775

Acacia Village Chorus

Holiday Performance

Wednesday, December 13, 2017

Community Center Multipurpose

Room at 2:00 p.m.

LETTER FROM LINDA AVOLIO

“Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching.” Satchel Paige

We have a small group that gets together a few times a week to practice line dancing and we definitely dance like nobody's watching and have a ball. Theresa Costanza is the instructor and luckily she keeps the dances fairly easy to follow. The current favorite of the line dancers is a dance done to “Old Bones”, sung by George Burns. The lyrics say, “It's time for takin' it easy, it's time for takin' it slow. Old bones don't move so fast, as they did once in the past. Now if I have to run, I simply don't go. But I love life. I'd like to do it again.” The dancers don't always turn in the same direction, but I don't think anyone cares because they're having so much fun.

It's the most wonderful time of the year as we prepare for the upcoming holidays. Many residents are making reservations for their families to join them here for Thanksgiving dinner. Seating is between 2:30 and 3:00, and once again our chefs are preparing a wonderful feast with all the fixings.

I give a lot of credit to the postal service at this time of year; we see a huge increase in the number of packages that arrive daily. We are so lucky that one of our residents, Dick Thomas, volunteers to deliver packages to his neighbors year round. For our residents that are sending packages out, they love the ease of being able to drop off their packages at our front desk. From there the package goes to our main mail room for shipping, and the resident receives an invoice letting them know how much it cost to ship.

Some of our residents are planning to go away this winter. They love that we give them an extended leave credit if they are gone for 30 days or longer. They appreciate being able to just lock the door and go, without the usual homeowner hassles and worries. Those that stay throughout the winter appreciate that everything here is connected and that they can enjoy a wide variety of different pursuits without ever having to put their winter coats on.

The holiday season really shines here at Acacia Village. It's a great time to come and visit and see all the beautiful decorations. We have some great entertainment coming in throughout the season, so call us at 315-798-4775 and we'll check the schedule and you can join in on the fun.

Warmly ~ Linda Rae Avolio

CINDY'S SAUSAGE ROLL RECIPE - BY CINDY COPPERWHEAT

I love Christmas and all that it entails because I love to cook and bake. Besides the 23 dozen cookies that I make every year, I also make, at my families insistence, sausage and spinach rolls for Christmas Eve. Here is my recipe.

Ingredients

- 1 pre-made raw pizza dough
- 1 lb. bulk Italian sausage (if you buy in casing remove from casing)
- 1 cup shredded mozzarella
- ¼ cup parmesan cheese
- ¼ cup shredded provolone (or four slices cut into pieces)
- 2 eggs slightly beaten (reserve a small amount to brush on top of roll)
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp parsley

- Set the raw pizza dough in the bag on the counter to bring to room temperature and rise while you prepare the filling.
- Cook the Italian sausage until browned. Let cooked sausage drain on paper towel.
- Mix cooked sausage and remaining ingredients in a large bowl. Set aside.
- Flatten the pizza dough with the palms of your hands and gently stretch and/or roll it into a rectangle.
- Spread the sausage mixture over the dough leaving about an inch free of filling on the opposite long edge.

- Roll dough in jelly roll fashion. Start at edge closest to you, working from left to right, tug the lip of the dough up and over the filling, keeping it tight. Push the ends of the dough inward to seal the filling in. Roll up the dough, tightening the log as you go.
- Place the roll seamed side down on a parchment lined cookie sheet with sides. I highly recommend parchment paper for easier removal from the pan and clean-up.
- Brush the roll with the remaining egg with a dash of water and let set for a half hour before baking.
- Bake in a 350 degree oven for an hour, depending on your oven. Serve warm.

Note: This recipe is very versatile and can be changed up to your liking. I also make a spinach/pepperoni roll using a box of frozen spinach (thawed and drained well) instead of sausage and layer pepperoni on top before you roll. Or, for early morning brunches, use breakfast sausage and American cheese instead. I guarantee your family will love it!

ACACIA DIDN'T KNOW—HISTORY IN THE MAKING

BY LINDA RAE AVOLIO—SENIOR LIVING

History was recently made by one of our residents at Acacia Village! On October 11th, Dominick Frank was the first person in the Utica area to have a Micra Transcatheter Pacemaker installed in his heart. This new technique has been done in a few other cities worldwide but never before in our area. Dominick has been monitoring Bradycardia (irregular heartbeat) for a long time and after much research and consultations with his doctors, he decided to take their advice and try this brand new device. The procedure was done by Dr. Thor Markwood at Central New York Cardiology. It's truly remarkable because unlike a traditional Pacemaker, this one has no leads and is implanted directly into the right ventricle of the heart. It's very small, less than an inch long and 1/4 "wide (about the size of a vitamin capsule) and is enclosed in titanium. Inside is a tiny computer and a battery that's expected to last 10-12 years. We applaud Dominick's courage and are so glad to have a history making resident living here at Acacia Village.

(800) 593-3353 or (315) 798-4775.

Good Neighbors. Great Value. Exceptional Living.



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