

*October 2021*



# KEEP PIN G UP TRADITIONS





# KEEPING UP



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### *Connect with us!*

Stay up to date with what is happening around our community.

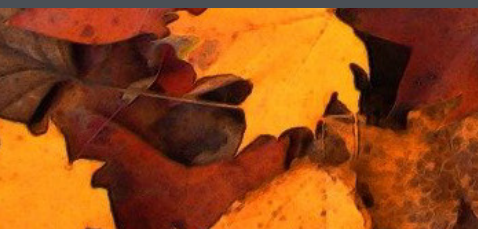
Like, Comment, Share! TRADITIONS OF BEAVERCREEK 

TRADITIONSOFBEAVERCREEK.COM



## *Did You Know...*

**IT'S THAT TIME!** The time for downsizing. Time to simplify life and your weekly 'To-Do' list. Our Garden Homes allow for independence and offer many community amenities so you can keep living - at your own pace, on your own schedule. With so many maintenance-free features, the Garden Homes are a great option for living independently. **Call Liz Bowen today at 937-561-1111 and schedule a private tour of our two bedroom Garden Homes with a spacious attached garage and Florida Room!**





# UPCOMING EVENTS

*In October*

THUR 7

## COFFEE AND CONVERSATION

Join us the first Thursday of each month at 10 am

**Location: The Coffee Hub at 10 am**

**3375 Dayton Xenia Rd., Beaver Creek, OH 45432**

THUR 25

## MONTHLY DEMENTIA EDUCATION SERIES

On-Line Event - If you have any questions prior to the event, please call: 937.427.6220

**ZOOM Meeting: 6-7pm**

**RSVP to Mark Sharp** at [marksharp@traditionsmgmt.net](mailto:marksharp@traditionsmgmt.net)

WED 27

## WINE DOWN WEDNESDAY

Join us the last Wednesday of each month at 4pm  
**Spooktacular** Wine Down Wednesday Event

**Location: Garden Home Model**

**3812 Abigail Lane, Beaver Creek, OH 45430**

## COMMUNITY Activities



*I scream, you scream,  
we all scream for ice cream!*

*Thank you Ice Cream Trolley!*







**Ann** was born in the town of Fort Colborne, Ontario, Canada Growing up, her father worked as a Superintendent at the International Nickel Company, while her mother was a homemaker. Ann is one of 7 siblings.

Ann attended Cooper Cliff High School then graduated from Toronto Ontario University, where she received a degree in Math and Science. Her career began at AV Roe doing Mathematical Computations.

She met her husband in Toronto, Canada, then the two relocated to Pittsburg, Pennsylvania. He started working at Carnegie Mellon University as a Chemistry teacher. They loved to travel and would do research studies abroad visiting universities in such countries as: England, Germany, and France. Together, they have 4 children and 5 grandchildren.

When asked how she decided on Ohio, she said her daughter asked her to move to Ohio to be closer to her. At which point, she toured Traditions of Beavercreek and knew it was perfect for her mother. Ann didn't know where she was going to live until she walked through the front doors of our community! She loves living here and adores her friends!

*Do you want to nominate a Community Celebrity?*

Email us at: [MarkSharp@traditionsmgmt.net](mailto:MarkSharp@traditionsmgmt.net)

# Ann Kay

## COMMUNITY CELEBRITY



## EMPLOYEE SPOTLIGHT



# Mark Sharp

*Community Relations Director*

**Mark** is newer to Traditions of Beavercreek, but not new to healthcare & senior living. Mark is a seasoned healthcare professional with over 20 years' experience; 17 years of that in Senior Living. Over the years, he has set on numerous healthcare organization boards, in 2016 he was elected as the Founding President of the Junior Committee for the Alzheimer's Association, Miami Valley Chapter. He educates the community on several topics associated with Alzheimer's prevention and awareness. In 2017, he received the honor of the Dayton Business Journal's Forty Under 40 award for outstanding community service.

Mark's favorite hobbies include traveling with his husband, Brian, and acting/stage managing/directing in several local community theatres. He also has a beautiful Persian kitty named Rusty! Thank you Mark for all you do for our community, residents, families, and staff!

## Glazed Meatloaf

This recipe is a family tradition of our Resident, Joe Caperna



### INGREDIENTS

2 eggs, beaten  
 2/3 cups milk  
 1-1/2 cups (6 oz.)  
 Shredded cheddar cheese  
 1 cup crushed saltines (approx. 30 crackers)  
 1 cup finely shredded carrots  
 1/2 cup finely chopped onion  
 1/2 teaspoon salt  
 1/4 teaspoon garlic powder  
 1/4 teaspoon pepper  
 2 pounds lean ground beef  
 1/2 cup packed brown sugar  
 1/2 cup ketchup  
 2 tablespoons Dijon mustard

### DIRECTIONS

In a large bowl, combine the eggs, milk, cheese, saltines, carrots, onions, salt, garlic powder and pepper. Crumble beef over mixture and mix well. Shape into a loaf. Place in a greased 13 x 9 x 2 baking dish. Bake, uncovered, at 350 degrees for 50 minutes.

For glaze, in a small saucepan, bring the brown sugar, ketchup, and mustard to a boil. Reduce to a simmer, uncovered for 3-5 minutes or until heated through. Spoon over meatloaf. Bake 10 – 15 minutes longer or until meat is no longer pink and a meat thermometer reads 160 degrees. Drain; let stand for 10 minutes before slicing.

Yield: 12 servings. **ENJOY!**



# KEEPING PAST EVENTS



*Do you have pictures of the community you would like to showcase?*  
Email us at: [MarkSharp@traditionsmgmt.net](mailto:MarkSharp@traditionsmgmt.net)



# TRADITIONS OF BEAVERCREEK

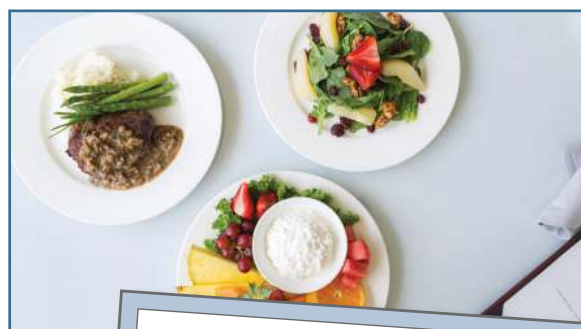
Every family has their traditions . . . Traditions can be a part of yours.



Traditions of Beaver Creek is an upscale senior living community offering maintenance-free living for seniors in a secure and beautiful setting. There is a place for you or your loved one at Traditions of Beaver Creek that centers around friendships, family, and a life filled with independence and purpose.

## TRADITIONS OF BEAVERCREEK OFFERS:

- Emergency response system
- Large outdoor gathering areas
- Innovative activity rooms
- Chef-inspired restaurant-style fine dining
- Convenient laundry facilities & services
- Return to being a family member, not the caregiver



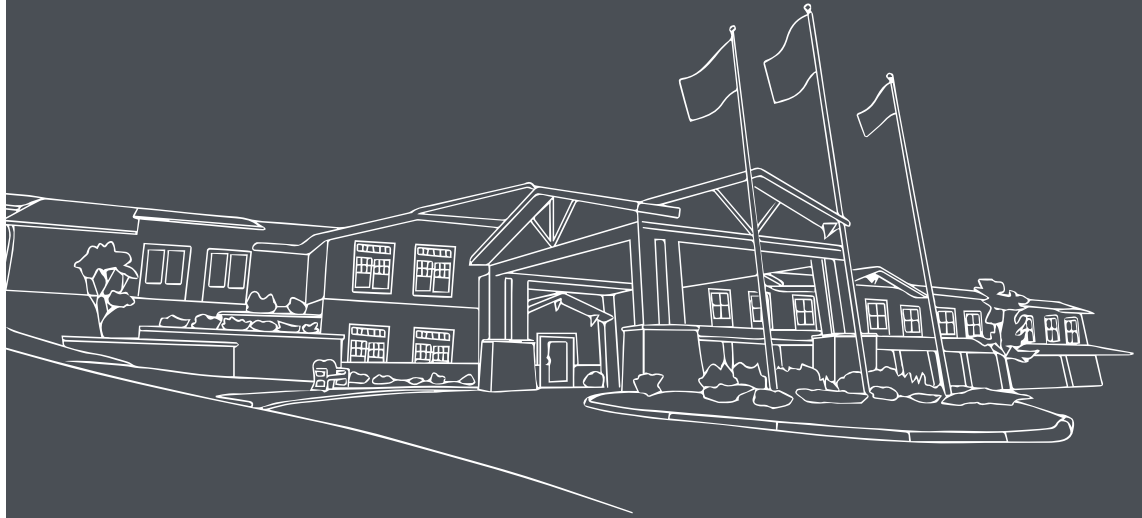
800 GRAYSON LANE . BEAVERCREEK, OH 45430

PHONE: 937.427.6220

[www.TraditionsOfBeavercreek.com](http://www.TraditionsOfBeavercreek.com)







# Keeping Up TRADITIONS

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Like, Comment, Share! **TRADITIONS OF BEAVERCREEK** 



Every family has their traditions . . . Traditions can be a part of yours.

**800 Grayson Lane, Beavercreek, OH 45430**  
**TRADITIONSOFBEAVERCREEK.COM**

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Phone: (937) 427-6220 • [MarkSharp@traditionsmgmt.net](mailto:MarkSharp@traditionsmgmt.net)

Jennifer Gibbs - *Executive Director* • TRADITIONS OF BEAVERCREEK

Liz Bowen - *Independent Living Director* • TRADITIONS OF BEAVERCREEK