



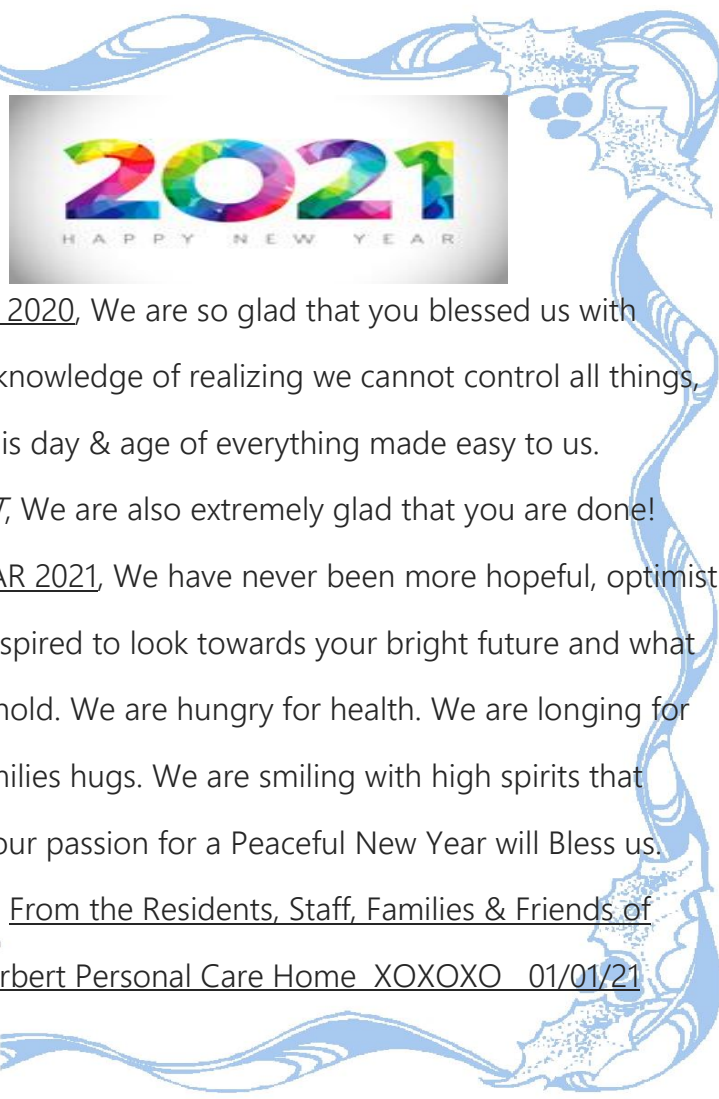
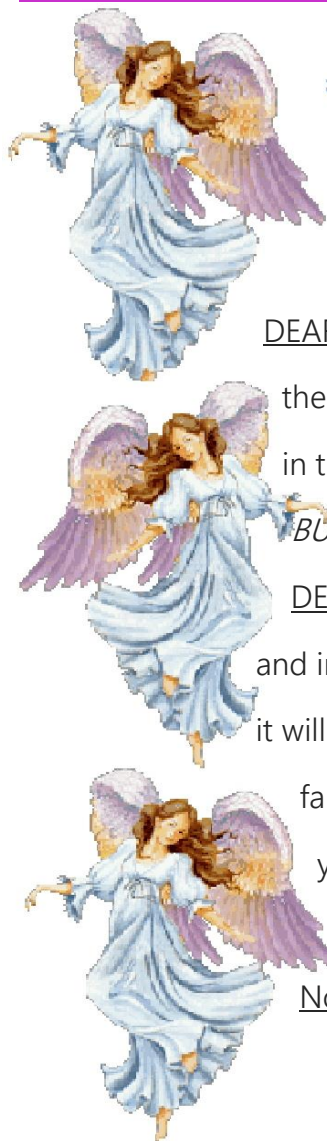
**NORBERT PERSONAL CARE HOME**

2413 SAINT NORBERT STREET  
PITTSBURGH, PA. 15234  
412-885-5202  
Norbertpersonalcare.com

**JANUARY 2021**  
**ISSUE #135**



**TO A YEAR OF HOPE, HEALTH AND HAPPINESS NEEDED BY ALL!**



DEAR 2020, We are so glad that you blessed us with the knowledge of realizing we cannot control all things, in this day & age of everything made easy to us.

*BUT*, We are also extremely glad that you are done!

DEAR 2021, We have never been more hopeful, optimistic and inspired to look towards your bright future and what it will hold. We are hungry for health. We are longing for families hugs. We are smiling with high spirits that your passion for a Peaceful New Year will Bless us.

From the Residents, Staff, Families & Friends of Norbert Personal Care Home XOXOXO 01/01/21



**3<sup>RD</sup> Place Winners For Senior Care** 😊

**PERSONAL CARE WINNER**

**Southwestern Healthcare Center**

500 N Lewis Run Rd  
Pittsburgh, PA 15122  
412.466.0600  
Find Us On Facebook

**HOME INSTEAD SENIOR CARE**  
1500 Oxford Dr #10  
Bethel Park, PA 15102  
412.595.7554  
homeinstead.com

😊 **NORBERT PERSONAL CARE**  
2413 St Norberts St  
Pittsburgh, PA 15234  
412.885.5202  
norbertpersonalcare.com

# PHOTOS OF THE YEAR

In a world of constant change, photojournalism gifts us with the ability to linger in a moment. Pittsburgh Post-Gazette photojournalists worked hard to create a record of our collective humanity in a year when we were urged to stay apart. Here is a look at the region in 2020 through the lenses of our award-winning photo staff.



Karen Suchy, center, of Baldwin Borough, is supported by her niece, Reese Temme, as she catches sight of her mother, Betty Milinski, for the first time in months on June 12 outside Norbert Personal Care Home in Overbrook. The day's socially distant parade and picnic represented a break from a long period of families seeing their loved ones at the facility only with a barrier in between due to COVID-19 restrictions.

## HELLO & GREETINGS FROM A DISTANCE!!

DON'T HESITATE TO CHECK IN ON US HERE.

[Norbertpersonalcare.com](http://Norbertpersonalcare.com)



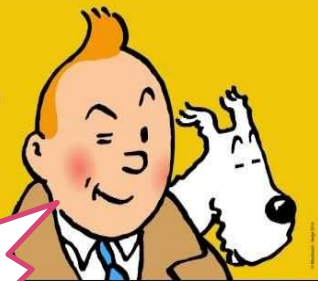
WE WELCOME AND ARE GRATEFUL FOR A SUPERBLY "PUT AN END TO THIS" GROUP OF HELPERS. THANK YOU TO CHARITY, JOHN, GREGG, NEW TO US, MISS LISA. WE APPRECIATE THE HELP TO GET BACK TO OUR ROOTS OF NORBERT'S FAMILY, FRIENDS, HEALTH & INSPIRATION.



## FAMILIES PLEASE!!

SEND IN BODYWASHES, SHAMPOOS, DEODORANTS AND POWDERS FOR RESIDENTS...

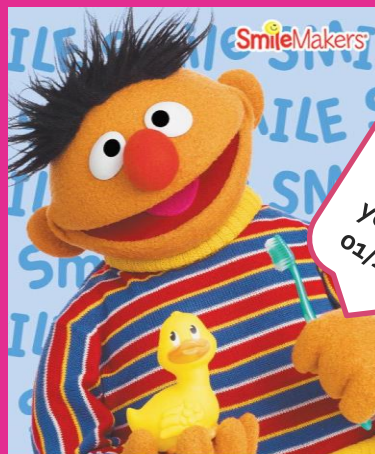
HAPPY BIRTHDAY TINTIN



Made in 1929= 92!



Winnie-the-Pooh turns 100 Years Old!! On 02/20

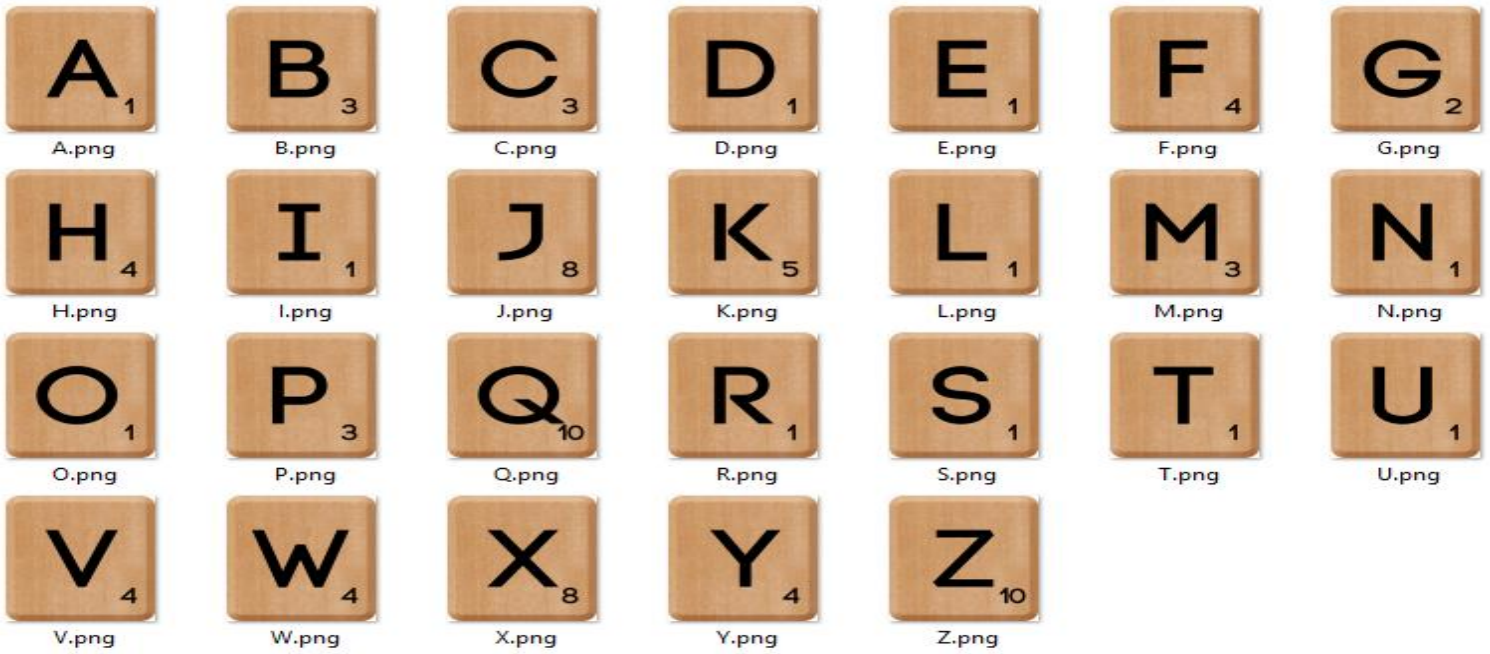


Happy Birthday, Ernie!

Ernie From Sesame Street is going to be 52 years old on 01/28!!

## JANUARY RESIDENT BIRTHDAYS

- ROGER W. 01/02
- SHIRLEY KU. 01/03
- ANGIE Y. 01/10
- CHARLES P. 01/13
- LYLE N. 01/21
- BARBARA F. 01/23
- MR. BILL G. 01/27
- SHERMAN S. 01/28



COUNT LEFT TO RIGHT THE LETTER TILES. (DO NOT PAY ATTENTION TO THE NUMBERS ON THE TILES.)  
SEE IF YOU CAN BE MY "I SPY" FOR THE NEW YEAR! WHAT SPECIAL ASSISGMENT DID I GIVE YOU?!?

23 \_\_\_\_\_ 5 \_\_\_\_\_ 1 \_\_\_\_\_ 18 \_\_\_\_\_ 5 \_\_\_\_\_ 14 \_\_\_\_\_ 15 \_\_\_\_\_ 20 \_\_\_\_\_

8 \_\_\_\_\_ 5 \_\_\_\_\_ 18 \_\_\_\_\_ 5 \_\_\_\_\_ 20 \_\_\_\_\_ 15 \_\_\_\_\_ 2 \_\_\_\_\_ 5 \_\_\_\_\_

1 \_\_\_\_\_ 22 \_\_\_\_\_ 5 \_\_\_\_\_ 18 \_\_\_\_\_ 1 \_\_\_\_\_ 7 \_\_\_\_\_ 5 \_\_\_\_\_



23 \_\_\_\_\_ 5 \_\_\_\_\_ 1 \_\_\_\_\_ 18 \_\_\_\_\_ 5 \_\_\_\_\_ 8 \_\_\_\_\_ 5 \_\_\_\_\_ 18 \_\_\_\_\_ 5 \_\_\_\_\_

20 \_\_\_\_\_ 15 \_\_\_\_\_ 2 \_\_\_\_\_ 5 \_\_\_\_\_

1 \_\_\_\_\_ 23 \_\_\_\_\_ 5 \_\_\_\_\_ 19 \_\_\_\_\_ 15 \_\_\_\_\_ 13 \_\_\_\_\_ 5 \_\_\_\_\_



# NEWS



## TO ALL RESIDENTS & VISITORS

**NO RESIDENTS, FACE TO FACE, IN THE DOORWAYS. NO VISITATION** is aloud of any type, at the entrances of any building with open doors! **THIS IS FOR THE SAFETY OF YOUR LOVED ONES AND OUR RESIDENTS.** If something is being dropped off, the **STAFF** must retrieve it from the foyer area out of the black tote.



## A FACE-TO-FACE VIDEO GREETING

IF YOU HAVE AN IPHONE OR IPAD, PLEASE JUST ACCEPT A FACETIME CHAT FROM JUDY.

IF YOU HAVE AN ANDROID PHONE, PLEASE DOWNLOAD FOR FREE THE "GOOGLE DUO" APP. THEN ACCEPT MY VIDEO CHAT UNDER JUDY.

YOU MAY CALL OR EMAIL ME, ([jtkacs@norbertpersonalcare.com](mailto:jtkacs@norbertpersonalcare.com)). WE CAN SET UP A TIME TO TALK TO YOUR LOVED ONE, AND WE WILL THEN PICK A TIME THAT I AM AVAILABLE AROUND THEIR MEALS.




Together Everyone Achieves More



## TO ALL RESIDENT'S FAMILIES

### REGARDING BILLS/ MAIL

PLEASE, if you are concerned about your loved one's **BILLS** in the mail, (due to not being able to get into the facility), **PLEASE HAVE THE MAIL FORWARDED TO YOUR OWN RESIDENCE.** It is allowed, done through the post office. **If you have set up a zC Window Visit thru Judy let her know you would like to grab the mail while you are here.**

 Thank You Kindly...

## WELCOME SOME OF OUR NEW CREW

We are proud to announce some New Team-Members to our Norbert's Crew!

**Administration:** Miss Lisa, a very caring lady, is our New Administrator and by her side is Miss Charity her 2<sup>nd</sup> commander in charge. We also have her team of chiefs who are so awesome! Mr. John, Mr. Gregg, Miss Jen & Miss Christy who is our Nurse Practitioner.

**Nursing:** Awesome Aides! Miss Alisa, Miss Danielle, Miss Letisha, Miss Jasmine and Miss Joan.

**Housekeeping:** Smiling Always... Miss Destiny our Laundress & Miss Linda on Housekeeping.

# GROVEMENUS

## Weekly Menu Norbert Personal Care



	Sun 01-03-2021	Mon 01-04-2021	Tue 01-05-2021	Wed 01-06-2021	Thu 01-07-2021	Fri 01-08-2021	Sat 01-09-2021
B R K	Buttermilk Pancakes Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice or Bacon Apple Slices 100% Juice Whole Grain Toast	Scones or Bacon and Egg Casserole Hash Browns Pears 100% Juice	Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Hot Cereal or French Toast Egg of Choice or Bacon Fresh Fruit 100% Juice	Cinnamon Belgian Waffles Egg of Choice or Breakfast Ham Fresh Fruit 100% Juice	Breakfast Sausage Casserole Hash Browns Fresh Fruit 100% Juice Raisin Toast
	Pork and Potato Casserole or Chicken Pot Pie  Beet Salad Baked Sweet Potato Wedges Brownies	Egg Salad Sandwich or Shepherd's Pie with Gravy  Chef's Steamed Vegetable Mellow Pudding Dessert	Ham Sandwich or American Hamburgers  Baked Macaroni Cheese Corn on the Cob Sweet Potato Fries Assorted Cookies	Baked Ziti or Tuna Sandwich  Broccoli with Glaze Sauce Mozzarella Garlic Bread Ice Cream	Kielbasa and Kraut or Country Casserole  Baked Beans with Bacon Green Beans Baked Fried Potatoes Vanilla Cookie	Beef Swiss Sandwich or Meatball Sub  Vegetable Sticks French Fries Chocolate Pudding	Grilled Three Cheese Sandwich or Baked Tuna Dish  Perfect Pineapple Salad Capri Blend Ice Cream
	Soup Du Jour  Glazed Hamburger Steak or Breaded Pork Steak  Homestyle Country Potatoes Peas and Mushrooms Baked Roll Peach Marshmallow Jello Salad	Classic Chicken Noodle Soup  Italian Crusted Chicken or Crab Cake  Roma Fettuccine Mixed Vegetables Baked Roll Banana and Lime Cake	Soup Du Jour  Swedish Meatballs or Chicken with Garlic Walnut Cream Sauce  Garlic Pasta Whole Green Beans Baked Roll Honey Bread Pudding	Farmhouse Ham Chowder  Herb Pork with Gravy or Southern Fried Drumstick  Sweet Yams Grilled Tomatoes Baked Roll Apple Crisp	Vegetable Macaroni Soup  Hamburger Steak and Onions or Smokey Chicken and Gravy  Baked Potato Garlic Carrots Baked Roll Pumpkin Pudding	Soup Du Jour  Sour Cream Cheddar Baked Fish or Pulled Pork Cabbage  White and Wild Rice Pilaf Chef's Steamed Vegetable Baked Roll Assorted Desserts	Soup Du Jour  Cranberry Glazed Turkey Roast or Beef Burgundy  Pierogies Brussels Sprouts with Lemon Sauce Baked Roll Berry Buckle Cake
Milk offered at every meal							

Week 3

Dietitian's Signature: *Quiana Jagan RDN 610128*  
11-23-2020

# GROVEMENUS

## Weekly Menu Norbert Personal Care



	Sun 01-10-2021	Mon 01-11-2021	Tue 01-12-2021	Wed 01-13-2021	Thu 01-14-2021	Fri 01-15-2021	Sat 01-16-2021
B R K	Scrambled Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Hot Cereal or Baked French Toast with Cream Cheese Scrambled Egg or Sausage Link Fresh Fruit 100% Juice Beverage Choice	Breakfast Muffin or Bacon and Cheese Pritata Breakfast Ham or Hash Browns Fresh Fruit 100% Juice	Brown Sugar French Toast Sausage Link Fresh Fruit 100% Juice	Hot Cereal or Deluxe Waffles Egg of Choice or Bacon Mandarin Oranges 100% Juice	Fried Egg Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast
	Honey Mustard Turkey Sandwich or BBQ Ham Sandwich  Monterey Pasta Salad or Pickle Spear Chips Jello & Whip Cups	Mushroom Ravioli with Supreme Sauce or Club Sandwich  Amish Macaroni Salad Romaine Salad Cranberry Pumpkin Cookie	Green Salad  Chicken Drumstick Rice Bake or Meat Supreme Pizza  California Blend Whole Grain Bread Beverage Choice Ice Cream	Cream of Tomato Soup  Grilled Sandwich or Layered Sausage Casserole  Orange Glazed Carrots Butterscotch Pudding	Meatball Sub Sandwich or Chicken Stuffing Hot Dish  Peach Salad Steamed Broccoli Onion Roasted Potatoes Applesauce Bars	Chicken Bacon Wrap or Hot Meatloaf Sandwich  Classic Mashed Potatoes Apple Slices Green Beans American Apple Pie	Dutch Spinach Salad  Pork Fried Rice or All Beef Hot Dog  Chef's Sauteed Vegetable Choc-O-Dot Pumpkin Cake
D I N	Cream of Broccoli Soup  Beef Roast with Gravy or Breaded Shrimp with Cocktail Sauce  Garlic Mashed Potatoes Sauteed Carrots Baked Roll Confetti Cake	Soup Du Jour  Chicken Thigh Bake or Veal Parmesan  Spaghetti with Marinara Sauce Corn Baked Roll Pear Crisp	Baked Potato Soup  Grilled Pork Chop with Applesauce or Country Fried Steak with Gravy  Fresh Mashed Potatoes Glazed Butternut Squash Baked Roll Beverage Choice Homemade Carrot Cake	Homestyle Vegetable Soup  Beef Patty with Mushroom Gravy or Classic Lasagna  Herb Mashed Potatoes Mixed Vegetables Baked Roll Autumn Apple Tart	Green Salad  Chicken Marsala or Breaded Pork Cutlet with Brown Gravy  Parsley Egg Noodles Yellow Squash Baked Roll Fruit Cobbler	Beef Shell Soup  Ham with Pineapple Sauce or Crab Cake  Scalloped Potatoes Spinach and Grape Tomatoes Baked Roll Lemon Cream Cake	Soup Du Jour  Mozzarella Meatloaf or Classic Spaghetti Meat Sauce  O'Brien Potatoes Peas and Pearl Onions Baked Roll Fruit Cobbler
	Milk offered at every meal						

Week 4

Dietitian's Signature: *Quiana Jagan RDN 610128*  
11-23-2020

# GROVEMENUS

## Weekly Menu Norbert Personal Care



	Sun 01-17-2021	Mon 01-18-2021	Tue 01-19-2021	Wed 01-20-2021	Thu 01-21-2021	Fri 01-22-2021	Sat 01-23-2021
B R K	Bacon and Cheese Frittata Hash Browns Fresh Fruit 100% Juice Cinnamon Toast	Hot Cereal or Pancakes Scrambled Egg or Breakfast Ham Fresh Fruit 100% Juice	Banana Muffin or Baked Omelet Squares Hash Browns Fresh Fruit 100% Juice	Apple Cinnamon Baked French Toast Sausage Link Pears 100% Juice	Fluffy Pancakes Scrambled Egg Fresh Fruit 100% Juice	Hot Cereal or Strawberry Belgian Waffle Yogurt Fresh Fruit 100% Juice	Baked Ham Strata Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
	Apple Cranberry Green Salad  Grilled Sandwich with Marinara Sauce or Classic Turkey Sandwich  Normandy Blend French Fries Maple Bar	Creamy Coleslaw  Fish and Chips or Texas Beef Skillet  Mexicali Corn Pumpkin Cake	Colorful Quinoa Salad  Chicken and Biscuits or Macaroni Pepperoni Bake  Fruit Cocktail Mixed Vegetables Classic Rice Krispies Treat	Pizza Burgers or Chipped Ham Sandwich  Pineapple Cream Fruit Salad Greek Pasta Salad Sherbet	Turkey Tetrazzini or BLT Sandwich  French Cut Green Beans Sweet Potato Fries Berry Oat Bars	Ham and Cheese Sandwich or Patty Melt Sandwich  Baked Fried Potatoes Apple Bacon Salad Assorted Desserts	Pepperoni Pizza or Hot Beef Sandwich  Classic Mashed Potatoes Chef's Steamed Vegetable Assorted Desserts
	Fresh Tomato Soup  Buttermilk Fried Chicken or Roast Beef with Mushroom Sauce  Long Grain Wild Rice Pilaf Country Trio Medley Baked Roll Cherry Pie	Turkey Vegetable Soup  Roasted Rosemary Pork or Spinach Tomato Lasagna  Glazed Sweet Potatoes Green Beans Almondine Baked Roll Chocolate Chip Bread Pudding	Minestrone Soup  Beef Stroganoff or Salmon Patty  Parsley Egg Noodles Roasted Carrots Baked Roll Peanut Butter Brownie	Chicken Florentine Soup  Pork Schnitzel Piccata or Homestyle Salisbury Steak  Homestyle Stuffing Roasted Root Vegetables Baked Roll Fresh Blueberry Pie	Baked Sliced Ham or Chicken Riviera  AuGratin Potatoes Chef's Steamed Vegetable Baked Roll Chocolate Cream Pie	Toscana Soup  Honey Glazed Meatballs or Teriyaki Shrimp  Fried Rice Sesame Snap Peas Baked Roll Spiced Pear Cake	Arugula Caesar Salad  Bacon Roasted Chicken Breast or Spaghetti and Meatballs  Steamed Red Potatoes Capri Blend Baked Roll Berry Trifle
Milk offered at every meal							

Week 5

Dietitian's Signature: *Quiana Jagan RDN 610128*  
11-23-2020

# GROVEMENUS

## Weekly Menu Norbert Personal Care



	Sun 01-24-2021	Mon 01-25-2021	Tue 01-26-2021	Wed 01-27-2021	Thu 01-28-2021	Fri 01-29-2021	Sat 01-30-2021
B R K	Hot Cereal or Chef's Choice Pastry or Bacon Quiche Hash Browns Fresh Fruit 100% Juice	Egg Sausage Casserole or Cinnamon Roll Fresh Fruit 100% Juice Beverage Choice	Texas French Toast Breakfast Ham Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Fried Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs or Chef's Choice Pastry Fresh Fruit 100% Juice Beverage Choice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
	Cream of Broccoli Soup  Baked Chicken Tenders and Fries or Deli Sandwich  Apple Slices Garden Pasta Salad Homemade Cookie	Fresh Tomato Soup  Tuna Melts or Grilled Cheese Sandwich  Mandarin Oranges Cucumber Slaw Assorted Desserts	Homestyle Vegetable Soup  Baked Cabbage Roll Casserole or Hot Turkey Salad  Sprinkled Fruit Salad Fresh Cooked Carrots Skillet Cornbread Spice Raisin Cookies	Green Salad  Shredded Pork on a Bun or Cheeseburger Casserole  Assorted Fruit Southern Coleslaw Funnel Cakes	Cream of Tomato Soup  Ham and Cheese Macaroni Bake or Deli Sandwich  Pickle Spear Pudding	Black Bean Soup  Classic Taco Salad or Garden Frittata Bake  Fresh Fruit Taco Salad Veggies Tapioca Pudding	Grilled Turkey Sandwich or Cold Salad Trio  Marinated Green Bean Salad Classic Rice Krispies Treat
	Green Salad  Maple Crusted Pork Roast or Mini Burgers  Scalloped Potatoes Roasted Cabbage and Carrots Baked Roll Pumpkin Pecan Cobbler	Meatloaf or Crab Cake  Fresh Mashed Potatoes and Gravy Parmesan Green Beans or Caramelized Turnips Baked Roll Jello & Whip Cups	Green Salad  Chicken with Dijon Sauce or Sausage and Peppers  Penne Pasta Brussels Sprouts Baked Roll Apple Crumble	Soup Du Jour  Pan Seared Tilapia or City Chicken  Roasted Red Potatoes Herb Roasted Vegetables Baked Roll Assorted Desserts	Vegetable Medley Soup  Sour Cream Beef Patty or Salmon Patty  Parmesan Mashed Potatoes Peas and Carrots Baked Roll Chocolate Eclair Dessert	Green Salad  Chicken Almondine or Baked Lemon Pepper Salmon  Rice Pilaf Seasoned Broccoli Baked Roll Pineapple Upside Down Cake	Soup Du Jour  St. Louis BBQ Pork Ribs or Seasoned Meatballs with Gravy  Baked Beans Herbed Corn Baked Roll Drizzled Chocolate Chip Cookies
Milk offered at every meal							

Week 1

Dietitian's Signature: *Quiana Jagan RDN 610128*  
11-23-2020