



UNIVERSITY HILLS

# Happy Valentine's Day!

# Happy Leap Year!

Faith is taking the first step, even when you don't see the whole staircase.  
Martin Luther King JR

### *Family Council*

We were pleased to have 13 family members and 4 staff with us Thursday evening January 31st. This is about twice as many as we had for our inaugural meeting last November. Minutes of the meeting are being finalized. If you want to receive a copy via email and receive notices in the same way please send your email address to [tahlem@clcmail.org](mailto:tahlem@clcmail.org). Our next meeting will be in April, exact date to be determined but it appears that Thursday evenings are good for the group.

We discussed topics such as parking, the coming redevelopment of the campus, our billing statements, pharmacy, and

voter registration. Please look for the announcement for the next meeting and take the time to join us.

### *State and Federal Surveys*

We had our annual health and life safety surveys recently. The health survey was conducted immediately after Christmas. Out of about 300 areas of practice that are reviewed, Christian Living Communities – University Hills received only 9 minor deficiencies. That's a 97% grade. Nothing was deemed to be harmful to residents. A "plan of correction" for the deficiencies has been submitted to the state for review. As soon as the plan is approved it will become public record and available

for review by any interested party.

Our life safety surveyor visited just a couple of weeks ago and again, we have very good results with only 3 minor deficiencies. A plan of correction will be submitted this week for this survey.

All survey reports are available in the front lobby in the "Public Information" binder. Please feel free to ask the receptionist for assistance if you need it. Ted Ahlem, Executive Director will welcome your questions about survey results. You may contact him directly by phone at (720) 974-3702 or via email at [tahlem@clcmail.org](mailto:tahlem@clcmail.org)



UNIVERSITY HILLS

*Presents*

*A Diversity Fair*

*Celebrating Diversity*

*And*

*Building Community*

*Tuesday*

*February 20, 2007*

*2:30 – 4:00 pm*

*Skilled Nursing*

*Activity Room and Dining  
Room*



This event will focus on the various cultures and countries of our staff and residents and will include the annual International Fashion Show. Members from the entire CLC family will be participating. Please join us for this event.

For more information, please contact Troy Dunning, director of Life Enrichment at [tdunning@clcmail.org](mailto:tdunning@clcmail.org) or (720) 974-3720.

*From the Cookbook of*

*Chef Greg*

Sauteed Strawberries with Cracked Black Pepper and Fresh Mint

Serves 6

This is a simple yet different dish that will grab everybody's attention. I love seeing the looks of shock and surprise on the faces of people when they see you mixing cracked pepper with sweet, fresh strawberries. Instead of the usual sweet/sour contrast this magically simple recipe uses a sweet/*spicy* combination to elicit the "wow" response. Ripe strawberries are very floral and aromatic: they can easily handle a dose of pepper along with a heady fragrance of the chopped fresh mint. They spend very little time in the pan just enough to coat them with a sugary glaze

Ingredients:

1 tablespoon salted butter

1½ teaspoons brown sugar

½ vanilla bean split (or ½

Vanilla extract)

2 pounds strawberries washed, 2 tablespoon creme fraiche Stemmed and quartered 1 cup coarsely chopped mints.

Small plates and forks for serving

Melt the butter in a large skillet over medium heat. Add the brown sugar and the vanilla bean and cook until the sugar begins to melt and the butter begins to brown, about 3 minutes.

Add the strawberries and cook, tossing them in the butter, until they are well coated, about 15 seconds. Add the pepper and cook until the berries are warmed through, about 30 seconds more.

Add the mint, mix well and transfer strawberries to the serving plates. Top with creme fraiche and serve immediately.

Relax and Enjoy!