

Matagorda Nursing and Rehabilitation Center
March 2022 Newsletter
"Our Residents, Our Customers"

March Observance

Mardi Gras	3/1
Employee Appreciation Day	3/5
Daylight Savings Time Starts	3/13
St. Patrick's Day	3/17
1 st Day of Spring	3/20



March Birthdays

Residents:

C. Ashcraft	3/31
M. Gutierrez	3/18
P. Hurta	3/25
M. Swist	3/13
B. Woldridge	3/1

Staff:

B. Gonzalez	3/6
W. Murphy	3/16
E. Schnupp	3/18



Recipe of the Month



KETO BEEF STEW

INGREDIENTS

- 2 lb. beef chuck roast, cut into 1" pieces
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 8 oz. Baby bella mushrooms, sliced
- 1 small onion, chopped
- 1 medium carrot, peeled and cut into rounds
- 2 stalks celery, sliced
- 3 cloves garlic, minced
- 1 tbsp. tomato paste
- 6 c. low-sodium beef broth
- 1 tsp. fresh thyme leaves
- 1 tsp. freshly chopped rosemary

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DIRECTIONS

1. Pat beef dry with paper towels and season well with salt and pepper. In a large pot over medium heat, heat oil. Working in batches, add beef and sear on all sides until golden, about 3 minutes per side. Remove from pot and repeat with remaining beef, adding more oil as necessary.
2. To same pot, add mushrooms and cook until golden and crispy, 5 minutes. Add onion, carrots, and celery and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add tomato paste and stir to coat vegetables.
3. Add broth, thyme, rosemary, and beef to pot and season with salt and pepper. Bring to a boil and reduce heat to a simmer. Simmer until beef is tender, 50 minutes to an hour.

Valentine's Day Party 2/14/2022



Valentine' King and Staff Sweetheart

T. Mangum & F. Callis

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**Valentine's Day Queen
G. "Dinky" Dixon**



**Residents enjoyed live music from
Mr. Leroy Jackson & Ms. Glenda
Redd**



**Valentine's Day Cake
Baked by our
Medical Records HIT
B. Gonzales**

Absolutely Delicious!!!



**We would like to thank the Pilot
Club for the Valentine's Day
cards for our residents and the
pizzas for our staff.**

**Also, thank you to Melissa
Gardner for the Valentine's Day
cards for each of our residents.**

We appreciate you all!!!

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MNRC LEADERSHIP TEAM

Sarah Brown..... Administrator
In Training

Darlene Boatwright, RN.....Director of Nursing

Vanessa Rupe, LVN.....Asst. Director of Nurses

Melissa Montalvo, LVN...Asst. Director of Nurses

Tonya Piwonka, RN.....Marketing/Admissions

Keri Berger.....Business Office Manager

Dana Horton.....Asst. Business Office Manager/
Activity Director

Beverly Boudreaux.....Resident Liaison

Rod Eatherly, LBSW.....Social Services

Brenda GonzalesMedical Records, HIT

Liz Oros.....Dietary Supervisor

Ruby Huerta.....HK/Laundry Supervisor

Eric SchnuppDirector of Maintenance