

# NEWBRIDGE ON THE CHARLES



Dr. Miriam and Sheldon G. Adelson Campus

December 23, 2021

Happy Holidays,

Have you noticed the days are now getting longer? Today is already 6 seconds longer than Tuesday.

Since there will be no letter next week, I am again including the housekeeping schedule for tomorrow's and next Friday's celebrated day off for the department. We will have a resident call today at 3:30 but will skip next week's call.

During today's call, I will be giving an update on the Massachusetts average infection rate. Please remember that the Omicron Variant of COVID-19 is considered far more transferable than past versions. Since Omicron appears to be on track to exceed 80% of the new cases in the state next week, I'm reminding everyone to be particularly careful in your gatherings. However, the good news is that boosted vaccinations dramatically lessen the seriousness of the symptoms. In fact, we've received reports of individuals being very surprised that their "cold" turned out to be COVID-19. So please, if you feel ill *in any way*, please stay home. We will be happy to deliver your meals to you free of charge. Together, we will continue to keep NewBridge safe.

One last surprising announcement, there is a world-wide shortage of toner (the material that allows us to make copies). I understand that there have been two major disruptions to the supply chain. Many businesses will soon run out of toner and be unable to make copies. My request of you, and the entire staff, is to avoid printing whenever possible so as we can extend our toner supply as long as possible. It is likely that we will run out of toner mid-January despite our best efforts to find supplies across the country. If this happens, we intend to communicate through electronic methods.

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If any of you have ever watched *How the Grinch Stole Christmas*, you'll know how the Grinch is given the high honor of carving the roast beast. In the Colwell household, I have become the preparer of the roast beast each year. This year's version is now marinating in a sriracha sauce with Worcestershire, garlic, pepper, and a bit of tabasco. As this concoction seeps into the *beast*, it helps the moisture stay in the meat as I roast it at a very low temperature for a very long time. After the roast is allowed to rest for about an hour, I sear the outer edges to a caramelized brown very quickly on a pan with very high heat—a family favorite for about two decades now.

For those of you who celebrate Christmas and even those who may not, I do wish you a very Merry Christmas with great joy and cheer. And of course, for all of us, let us enjoy a Healthy and Happy New Year!

Have a wonderful year end,

Steve Colwell  
Executive Director  
4-9011