

MARCH

2019



Embracing Every Moment

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Life Enrichment
Coordinator
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*Remember that daylight
saving time begins the second*

*Sunday in March. Daylight saving time is a
sign that spring arrives soon! So look forward
to longer days filled with sunshine!*

St. Patrick's Day Humor

*Q. What does a leprechaun call a happy man
wearing green?*

A. A jolly green giant.

Q. What do you call a fake stone in Ireland?

A. A sham rock.

Q. What's Irish and stays outside all summer?

A. Paddy O'Furniture.

Q. Why do frogs like St. Patrick's Day?

A. Because they're always wearing green.

*Q. Why do people wear shamrocks on St.
Patrick's Day?*

A. Regular rocks are too heavy.



Mint Chocolate Chip Cookies

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1 teaspoon baking powder
- large pinch salt
- 1 cup butter, softened at room temperature
- 1/2 cup packed light brown sugar
- 1 cup white sugar
- 2 eggs and 1 yolk
- 1 teaspoon mint extract
- 12 drops green food coloring
- 1 (12oz) bag large chunk dark chocolate



Directions

1. Preheat oven to 350°F. Spray two baking sheet trays with non stick or line with parchment paper.
2. In a large bowl stir together the flour, baking soda, cream of tartar, baking powder, and salt. Set aside. In another large bowl or the bowl of your stand mixer cream together the butter and sugars until light and fluffy.
3. Add the mint and food coloring to the eggs and yolk. While still beating the butter and sugar slowly add the egg mixture, stopping to scrape down the sides from time to time to make sure it is well mixed. Add half of the flour mixture and mix on low until almost combined. Add the remaining flour mixture and chocolate chunks and mix until just combined.
4. Scoop out into 2 ounce sized cookies, flatten slightly, and bake for 12 minutes or until the edges are golden brown and the middle is soft. Allow to cool for 5 minutes before serving.



*Registered Nurse
Mary Jo Miller-
Grandfield*

Why Assisted Living Communities are the “In Thing” for the Senior set.



- **SAFETY.** Just the fact that there are other people around makes communal living safer than being alone in a house. Also, Most assisted living (AL) facilities have some type of alert system. If a community member has an emergency or needs assistance, they can summon assistance with the touch of a button.
- **MEALS.** In AL , meals are provided and they offer many choices of food. Many communities have kitchenettes in their rooms. Members have the option of cooking some meals in their apartments of the choose. However the biggest plus may be that people have company to eat with and they don't have to do dishes afterwards.
- **TRANSPORTATION.** Many AL's provide group transportation for outings and community events. Also, they can generally arrange transportation for members who need to get to a medical appointment.
- **LESS WORRY.** Community members don't have to worry about repairs and upkeep, yard maintenance or snow removal and all else that comes with home ownership.
- **SOCIIALIZATION.** Socialization is possibly the most import reason why a lot of Seniors who insist that they will not like AL end up thriving. Socialization is one way to stave off Dementia, Depression and Despair. Seniors need peers, they need to be around others who share common attitudes, interests, and goals. They play cards, sing, exercise, reminisce, craft and generally have a good time!

I would like to believe that AL's help Seniors to be healthier by intervening early to prevent illness or injuries that would require long term nursing care and /or hospital admissions. I do know that AL's contribute to quality of life, which is by far the most enticing reason for a Senior to move . Many times a move to AL can be just the thing to give a Senior a new outlook on life!

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If you are looking for a great time with some great people
Please do not hesitate to call or stop by! (712) 335-3020 and
ask for Kelly Sheets.