



MARCH NEWSLETTER

FEBRUARY RECAP

A very snowy month of February in the books! We have enjoyed watching the snow fall while staying warm and busy from inside.

We've enjoyed many Valentine's day activities this month. On display in our foyer was the "Sweetheart Tree" filled with photos, old and new of our staff and residents with their loved ones. We've all enjoyed looking at the photos every day and it has been fun watching the tree fill up with more and more pictures.

We got very creative in the month of February, with heart suncatchers, door hangers, and homemade valentine's day cards.

Every Thursday morning this month we had a donut dollie filled with Wegmans donuts and coffee. We enjoyed our group conversations over coffee and donuts.

As always, we had our usual activities, including

cards, bingo, baking, and ice cream socials- always a crowd pleaser.

We are looking forward to a warmer March.

-Hannah-

MARCH LOOK AHEAD

We have a lot planned for this month. With St. Patrick's Day and Easter right around the corner we will keep busy.

Early in the month we will take St. Patrick's Day portraits dressed up in fun leprechaun attire. We have many St. Patrick's Day crafts planned as well as Irish themed food and drinks for our Friday happy hours.

We are also looking forward to our Easter themed activities toward the end of the month.

Wishing you all a wonderful month of March and Happy St. Patrick's Day!

-Hannah-

THAT WAS THE YEAR "2010"

NATIONAL AND WORLD NEWS

- . In January a 7.0 magnitude earthquake devastates Haiti, killing more than 230,000
- . Apple computer unveils the ipad tablet computer.
- . In February a series of winter storms labeled Snowmageddon blankets the east coast with 40 inches of snow in a week.

. The Swine Flu pandemic sent the masses into a panic. An estimated 12,469 deaths in the U.S due to swine flu.

- . BP oil spill became the worst spill in U.S. History.

MUSIC

TicToc (Kesha)

Need You Know (Lady Antebellum)

Hey Soul Sister (Train)

Rude Boy (Rihanna)
Teenage Dream (Katy Perry)
Just the Way You Are (Bruno Mars)

COST OF LIVING

New House -----\$158,700
Average Income -----23,363
New Car -----29,217
Stamp -----.44

COST OF FOOD

Milk ----- \$3.26/gal
All Purpose Flour ----- .52 /lb.
Fresh Bread -----1.37/loaf
Sugar ----- .63 for 1lb.
Eggs-----1.66/doz.
Ground Beef ----- 3.18/lb.

POPULAR MOVIES

Leap Year
Clash of the Titans
Harry Potter - The Deadly Hallows (Part 1)
Despicable Me
Secretariat
Salt

DAYS TO CELEBRATE

03/01 Peanut Butter Lovers Day
03/01 World Compliment Day
03/03 World Wildlife Day
03/03 National Anthem Day
03/05 World Day of Prayer
03/07 Johnny Appleseed Day
03/12 Plant a flower Day
03/14 Daylight Savings Time Begins/Check your batteries day.
03/17 St. Patrick's Day
03/20 First Day of Spring
03/28 Birthday of country singer Reba McEntire and singer Lady Gaga.

03/30 Nat'l Hotdog Day

**HAPPY
BIRTHDAY**

03/03 Carol C.
03/07 Emma K.
03/14 Joyce D.
03/21 Lynn L.

And may you have many more!

RECIPE OF THE MONTH

IRISH STEW

Ingredients

-
- 2 medium-sized onions, chopped
- Oil, for frying
- 1-ounce butter
- 1 sprig dried thyme
- 2 1/2 pounds best end of lamb neck, cut into large pieces
- 7 carrots, chopped lengthways into 2-inch pieces
- 2 tablespoons pearl barley
- 5 cups Chicken Stock, recipe follows
- Salt
- Freshly ground black pepper
- 1 bouquet garni (parsley, thyme, and bay leaf)
- 12 medium potatoes
- 1 bunch parsley, leaves finely chopped
- 1 bunch chives

- ✓ Serving suggestion: Herb Butter, recipe follows

Stock:

- ✓ Chicken carcass
- ✓ 1 onion
- ✓ 4 cups water
- ✓ 3 stalks celery, roughly chopped
- ✓ Bay leaf
- ✓ Salt and freshly ground black pepper

Herb Butter:

- ✓ 1 stick butter
- ✓ 1 small bunch parsley, finely chopped
- ✓ 1 small bunch chives, finely chopped
- ✓ 1 sprig thyme

Directions

1. In a large heavy-bottomed saucepan, cook the onions in oil and butter, on medium-high heat until they are translucent. Add the dried thyme and stir. Add the lamb and brown on a high heat to seal in juices. Add carrots, and pearl barley. Pour in the Chicken Stock so that it almost covers the meat and vegetables. Season with salt and pepper, and add Bouquet garni. Cover and cook on low heat for 2 hours, being careful not to boil. Place potatoes on top of the stew, cover and cook for 30 minutes until the meat is falling beautifully off the bones and the potatoes are fork tender.
2. Serve the stew in large flat soup bowls, and drizzle Herb Butter over the potatoes or garnish with parsley and chives.

Stock:

Yield: 6 servings

1. Preheat the stockpot. Combine ingredients in a large heavy-bottomed saucepan and cover with water. Bring to boil and simmer for approximately 30 minutes. Then let it cool down and skim off the fat.

Herb Butter:

Yield: 6 servings

1. Melt butter in a small saucepan. Add parsley, chives and thyme.

THE LEGEND OF THE BLARNEY STONE

Every country has its legends and in Ireland there is a legend of a magic stone...The Blarney Stone. The stone is located in the wall at Blarney Castle in England.

According to legend the king saw a woman drowning in the river. He saved her life by pulling her out. For his kindness the woman gave the king a magical stone. This gave the king the ability to speak sweetly and convincingly.

When people visit Ireland today they want to kiss the Blarney Stone. You will receive "The gift of gab" so you will be able to convince everyone of anything.

ST. PATRICK'S DAY WORD SCRAMBLE

St. Patrick's Day Word Scramble

1. krhsmaoc _____
2. ereng _____
3. hiisr _____
4. nperchaelu _____
5. depara _____
6. odlg _____
7. tlice _____
8. kcptari _____
9. kcul _____
10. budinl _____
11. ahmcr _____
12. bonairw _____
13. mrahc _____
14. volerc _____
15. dnalrei _____
16. dolgfotpo _____



