CARROLL GOLDEN AGE RETREAT
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MARCH

2010

FROM THE DESK OF THE SUPERINTENDENT

Dear Residents, Families and Friends:

Hope this month brings much better weather for us all. Everyone seems to be getting exhausted from fighting the snow, but soon it will be mud! St. Patrick's Day will be here and I think its after that it's time to plant turnips, potatoes and peas. The first day of spring is March 20th. Yea!!! Hopefully, Sandy Johnson will tell us the daffodils are up and the forsythia and pussy willows are budding. We all need some sunshine!

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MARCH 2010 DATES TO CELEBRATE

National Craft Month
National Frozen Food Month
National Kidney Month
National Multiple Sclerosis Month
National Noodle Month
National Peanut Month
National Sauce Month
National Umbrella Month
Red Cross Month
Save Your Vision Month
Spiritual Wellness Month

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EMPLOYEES APPRECIATION DAY/PIZZA PARTY

March 12, 2010

Carroll Golden Age Retreat will be recognizing our great staff this day for all the hard work they do, along with making our residents their top priority and the greatest home away from home. **Thank you, Employees!** You make the difference and we appreciate you!

Residents & Ollie Hawkins, RN, Supt.

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MARCH 14TH/TIME CHANGE

Daylight Saving Time Begins
"Spring Forward"

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ST. PATRICK'S DAY & RESIDENTS' BIRTHDAY PARTY

On March 12th at 2:00 PM in the Multi Purpose Room, we will be having a "Special Guest". Carol Walter will be here to bring all of us some Irish cheer and to spring into a lot of new beginnings this year.

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HAPPY ST. PATRICK'S DAY

March 17, 2010

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IRISH BLESSING

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
May the rains fall soft upon your fields,
And until we meet again, may God hold
You in the palm of His hand.

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MARCH BIRTHDAYS

Residents

Mary Jane Wingerter - 4th/90 Years Young
Zelma Zoe Purcell - 10th/94 Years Young
Dora Palmer - 10th/83 Years Young
Roy Burrier - 21st/91 Years Young

Employees

Nancy Harsh - 9th
Judy Lairson - 9th
Tina Libertore - 17th
Linda Kersey - 26th
Rachel Lewis - 28th

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RESIDENT OF THE MONTH

Katherine Ladich

Katherine has been a resident of Carroll Golden Age Retreat for a very short time, and she has been very giving to our facility. We, at Carroll Golden Age Retreat, would like to say, "Thank you for the donation and our Resident Council voted for you because of the very giving spirit you have toward others. Congratulations, Katherine, and keep that loving spirit you have."

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SPECIAL PEOPLE - RECOGNIZING OUR STAFF

EMPLOYEE OF THE QUARTER

Audrey Myers

The residents have selected Audrey Myers as Employee of the Quarter. She will receive $25.00, employee parking space in the back of the building and the privilege of wearing jeans for a month if she so desires. Audrey was complimented on her easy transition on Wednesdays from aide to assistant beautician. She does both jobs very well!

The residents also said she is always pleasant with them. It is obvious that the residents trust and admire her
as an excellent part of our health care team. **"Congratulations, Audrey!"**

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RECIPE OF THE MONTH

Leprechaun Cupcakes

1 ¾ cups flour
One 3.4 oz. pkg. instant pistachio pudding mix
¾ cup miniature chocolate pieces
2/3 cup sugar
2 ½ tsp. baking powder
½ tsp. salt
2 eggs, beaten
1 ¼ cups milk
½ cup oil
1 tsp. vanilla
½ can cream cheese frosting (1 cup)
Green colored sugar
½ cup green, candy-coated chocolate pieces (M&M's)

1) Line cupcake tins with paper baking cups (green or St. Patrick's theme)
2) In a large mixing bowl, stir together flour, pudding mix, chocolate pieces, sugar, baking powder, and salt.
3) In a smaller bowl, combine eggs, milk, oil, and vanilla. Stir into flour mixture just until combined.
4) Fill baking cups 2/3 full. Bake at 375 degrees for 18-20 minutes or until golden.
5) Frost with the cream cheese frosting. Sprinkle with green sugar and green chocolate pieces.
YIELD: 18 cupcakes - Per Serving - 280 calories, 12 g fat, 32 mg chol, 40 g carbo, 3 g protein, Exchanges: 2 fat, 2 ½ starch

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RESIDENTS' COUNCIL MEETING

The next Residents' Council Meeting is set for March 17th (be sure to wear green or you might get pinched) at 2:00 PM in the Multi Purpose Room.

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