

Neighborhood News

March 2019

**HAPPY
SAINT PATRICK'S
DAY!**



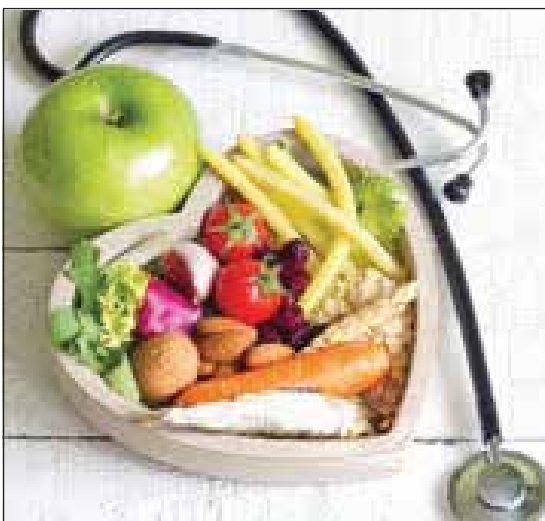
Sunday, March 17th



Spring Forward!
Sunday, March 10th
2:00 a.m.
Daylight Saving Time Begins



First Day of Spring!
Wednesday, March 20th
4:58 p.m.
Spring Equinox in the U.S.



Healthy Eating Tips for 2019

Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

Eat More Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

Watch the portion sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

Stay Active!

Regular physical activity has many health benefits. Start by doing what exercise you can.



**MARCH IS
NATIONAL
NUTRITION
MONTH**

Winter Fun!



Residents Reminisce

Cook Care Center residents reminisce about marriage, children and grandchildren

- * Carol A. married to Gerard for 49 years
- * Eva H. married to Elliot for 37 years and counting, they have 3 children
- * Wayne C. married to Shirley Ann for 55 years, with 6 children, 17 grandchildren, and 12 great grandchildren
- * Inez B. married to Manley for 50 years, with 8 children, 3 grandchildren, 4 great grandchildren
- * Janet/Arnold S (residents here) married for 62 years and counting, 3 children, 6 grandchildren, and 4 great grandchildren
- * Harry H. together with Ann Lorraine for a "long time together", no children
- * Melba T. married to Carl, has 6 children
- * Alvin N. is a "Bachelor"
- * Marie O. married to John, with 5 children, 10 grand children (one of whom is a professional hockey player)
- * Ron H. married to Delores for 53 years and counting, 2 children, 4 grandchildren
- * Barb R. married to Curtis "Corky" for 50 years, 6 children, and lots of grand and great grand children
- * Ann J. married to Bill for 29 years, 2 sons and 2 grandchildren
- * Donna R. married to Richard, with one daughter
- * Lorraine V. married to Elmer for 32 years, 4 children, and tons of grand children
- * Caroline B. married to Clyde for many years



HAPPY BIRTHDAY!

March 2019

Lorraine Villebrun	3/8/19
Doris Roderick	3/15/19
Melba Toivonen	3/19/19

Nutrition Search!

- Calcium
- Ingredients
- Protein
- Unsaturated
- Calories
- Label
- Saturated Fat
- Vitamins
- Carbohydrate
- Minerals
- Serving Size
- Cholesterol
- Nutrients
- Sodium
- Facts
- Percent DV
- Sugar
- Fiber
- Potassium
- Trans Fat



R E M E M B E R T O S P O T T H E B L O C K ! !
 E Q C F I N U T R I E N T S S L Y V Y J G S H E
 I R A T J E T J P D W U D A A Y V X L Z T P S H
 U I L E I F C R O L V Y C O I J H T Y N N T U S
 N T O W Q S A T U R A T E D F A T O E W E Q L W
 S X R V C H D S E Y R S W P W M Z I F W T F J M
 A B I D H Y W O V U C N H Y N F D B U I P H T B
 T Z E P S Y B D S D X N L I B E M O I K E K F E
 U O S T O M G I T P A B Z V R E A K W Y R O Q E
 R N D P Y E D U M R O O Y G U U M P I A C V S D
 A S X E T T K M E V F H N W V X A J B R E J E H
 T U X Y K X S B F J H I P L E T F B Z A N U R K
 E W C T S X I Q U I T L R D H O B S L V T Z X W
 D C Q K I F L R C H O L E S T E R O L J D L I S
 G X Q I Q I F I C Q C P H F W Y G O L D V P N I
 F G U P R L Y E F E D L A B E L V O T D C W G E
 H M G W V N V T V L F Y B P F J J U A W A Q S H
 M F A C T S C Z K S U G A R X P G D L K L K I Z
 I S J V F E O A P V Y Q K D B V Z E S R C L Z U
 N S X R I D U V C A R B O H Y D R A T E I P E H
 E V H Q Q M U G O J E O C O R D M Q H E U K U Y
 A H P R O T E I N A K T R A N S F A T A H Q M E
 L Q Q W H F T X N I U U F J R Q Q W R L E F F E
 S P O T A S S I U M N V I T A M I N S H Q P R G

Did You Know:

National Nutrition Month® is an annual nutrition education information campaign created by the Academy of

Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. "National Nutrition Week", initiated in March 1973, was embraced by members of the American Dietetic Association (now the Academy of Nutrition and Dietetics) as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, in response to growing public interest in nutrition, the week-long celebration expanded to become a month-long observance.

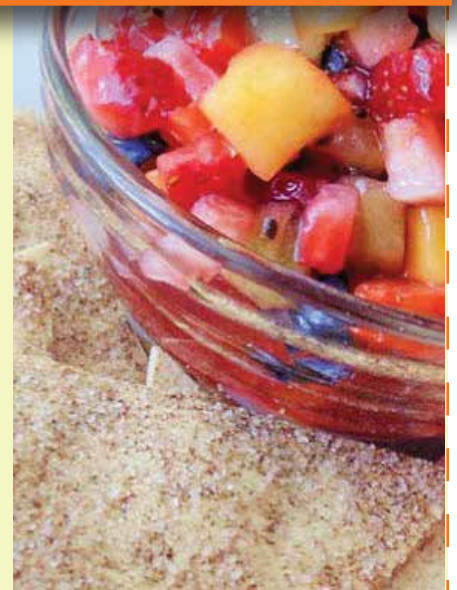
Healthy Fruit Salad and Cinnamon Chips

Ingredients

- 2 kiwis, peeled & diced
- 2 Golden Delicious Apples peeled, cored & diced
- 8 oz. raspberries
- 1 lb. strawberries
- 2 Tbl. white sugar
- 1 Tbl. brown sugar
- 3 Tbl. fruit preserves any flavor
- 10 10-in. flour tortillas
- butter flavored cooking spray

Instructions

1. In a large bowl, thoroughly mix kiwi, apples, berries, white & brown sugar, fruit preserves. Cover and chill at least 15 mins.
2. Preheat oven to 350° F
3. Coat one side of each tortilla with cooking spray. Cut into wedges & arrange in a single layer on a large baking sheet.
4. Sprinkle wedges with desired amount of cinnamon sugar. Spray again lightly with cooking spray
5. Bake in oven 8-10 mins. Repeat with any remaining wedges. Allow to cool 15 mins.
6. Serve with chilled fruit salad.





TRIVIA CORNER! St. Patrick's Day

TRUE OR FALSE?



- Everyone knows that St. Patrick was from Ireland.
Nope! St. Patrick was born in Scotland, even though he's considered the patron saint of Erin.
- St. Patrick used a shamrock, the three-leaf clover, to illustrate the Trinity.
Nowhere is this documented or even hinted at. Of course, it could be true, but...
- Patrick was forced to go to Ireland as a slave when he was sixteen years old.
True. He was kidnapped by Irish pirates.
- St. Patrick drove all the snakes out of Ireland.
Nope. There never were any snakes in Ireland for him to drive out! This was most likely a metaphor to represent Patrick driving the pagans out.
- St. Patrick was the first person to bring Christianity to Ireland.
Not true! There were already Christians in Ireland when St. Patrick arrived there.
- Leprechauns are charming, jolly, mischievous elves.
No! The leprechauns from Irish mythology are mean and nasty!
- In addition to making shoes, leprechauns are also blacksmiths.
False. Leprechauns are cobblers and bankers.
- Leprechauns stole their treasure from the king.
False. It was left behind by the Danes.
- All leprechauns are male.
True. Irish mythology never mentions female leprechauns.
- The traditional St. Patrick's Day meal is considered to be corned beef and cabbage.
False. The original St. Paddy's Day meal was boiled bacon and potatoes. When the Irish immigrated to the U.S. during the potato famine, they discovered they could buy a poor quality cut of beef for a cheap price.
- The Irish have always considered wearing green to be lucky.
Not true. In fact, it was believed that those who wore too much green would be kidnapped by leprechauns.
- Patrick was officially canonized by the Catholic Church.
Patrick was never canonized. When the Church composed its first list of saints, Patrick's name was already on the list, though he had never officially been sainted.
- The majority of Irish Americans are not Catholic.
That's true, believe it or not! The majority identify themselves as protestant.
- The St. Patrick's Day Parade tradition started in Ireland.
False. It began in the U.S.
- Before his death, St. Patrick appointed no one to be his successor.
True. He failed to appoint anyone to carry on his work.
- St. Patrick actually died on March 17th.
True! The date is correct, but the year is debatable.
- The world's largest St. Patrick's Day parade is held in New York City.
True!
- If you order an imperial pint of Guinness, you'll get 16 fluid ounces.
False. You'll get 20 fluid ounces.



a bunch of Malarkey?

Commonly believed to be an Irish word, Malarkey actually originated in North America, an adjective describing "insincere or exaggerated talk." Synonyms for malarkey include: balderdash, blather, drivel, nonsense, piffle, poppycock, rigmarole, rubbish, tomfoolery, tommy-rot, and baloney.

SENIOR HUMOR



"When you said you were getting a mobility scooter, Dad, this isn't what I had in mind."

- What do you get when you cross a four-leaf clover with poison ivy?
A. A rash of good luck!
- What do you call a fake Irish stone?
A. A SHAM-rock
- Why shouldn't you iron a four-leaf clover?
A. You might press your luck
- What do you call leprechauns who collect aluminum cans, newspaper and plastic?
A. "Wee-cyclers"
- What's Irish and stays out all night?
A. Paddy O'Furniture

