

MARCH

2021



Embracing Every Moment

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Manager: Lauri Fulkerth

Nurse: Mary Jo Miller-Grandfield

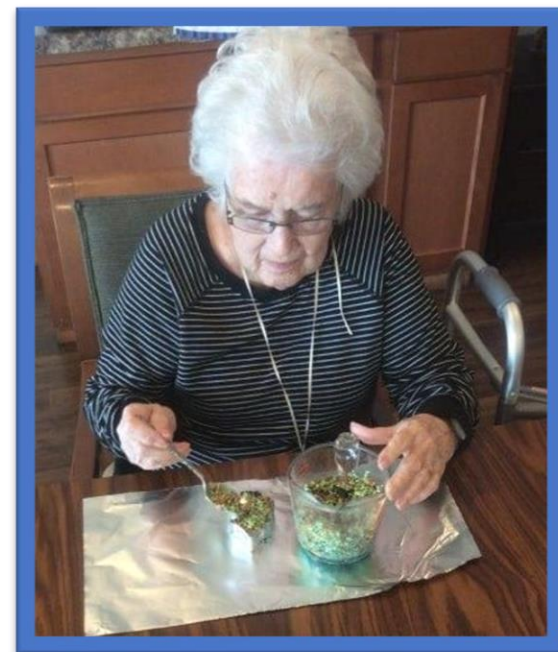
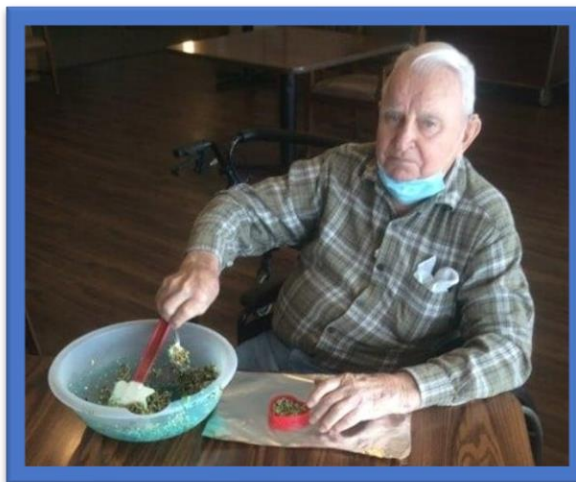
Culinary Coordinator: Amber Baas

Life Enrichment Coordinator: Kelly Sheets

Residents learned all about John Deere, the blacksmith, and some of the equipment that John Deere manufactures. Thank you, K.C. Nielsen Ltd. Farm Equipment Dealer in Laurens for your donations!



Residents made bird seed blocks. We mixed the seed with hot water and jello packets then picked out a mold for them. We packed the mold and stuck a straw in them so we could hang them when it gets warmer.





Our 2021 Valentine's Day King and Queen are Glenn and Bonnie!

Congratulations Glenn and Bonnie! The couple were each crowned and given lots of chocolate. For lunch everyone enjoyed Chicken Alfredo with a breadstick. Wine and Beer was offered for this special occasion. For dessert we all enjoyed Cheesecake. Residents enjoyed little snack cups with M & M's and heart shaped cookies as well.



March Birthdays

Louis
3-15

Lucy
3-17

Arlington Place would like
to wish all of you a very
Happy Birthday! We will be
celebrating March Birthdays
on Tuesday March 9th at
2:00 p.m.





Arlington Place would like to wish Curt Roberts good luck at his new opportunity's, and welcome Amber Baas as our new Culinary Coordinator.

*Life Enrichment
Coordinator
Kelly Sheets*



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.



*Culinary
Coordinator
Amber Baas*

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 nonstick 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*

COVID AND THE HEART



With any viral infection (cold, flu, measles, strep throat etc.) there is potential for heart damage. Viruses may infect the heart muscle tissue, causing acute or chronic immune responses from the body. According to Eugene Chung, MD, COVID-19 seems to affect the heart more than other Viruses. In three separate studies, somewhere between 75% to 80% of coronavirus patients experienced cardiac abnormalities after recovery.

COVID-19 can affect the heart in a variety of ways. 1. Covid can cause myocarditis (heart inflammation). 2. Covid can cause significant heart arrhythmias. 3. Covid can affect the heart muscles themselves, causing heart failure. 4. Covid can cause clots to form in the blood vessels - the heart is sort of the biggest blood vessel of all.

More often than not, these complications have long term implications for heart health. Though it is possible that cardiovascular damage may heal itself in some cases. Long term studies will be needed to understand the full impact COVID-19 can have on the heart.