

Titonka Care Center
515-928-2600

In Remembrance: Our sympathies goes out to the family of Doris Reibsamen who passed away last month.

The Titonka Care Center has implemented a Emergency Preparedness Policies. These can be found at the Nursing Station, by the Beauty Salon and in the employees break room. If we have an emergency (like Fire, Tornado, etc.) Please do not come to the Care Center until we call you!

Reminder: If You plan on eating with your love one Please let the Kitchen know 24 hours ahead of time! Thanks, the kitchen appreciates knowing ahead of time!

A Reminder: The Van will not go out if road conditions are icy or snowy or If the temperature is 0*or below. We don't want something to happen and you get stranded along the road. (Not saying it will happen but in case it would.)

Thanks so much to the ones who come every month to do a program or any of you that helps activities out. Thanks to Pastor Mark Ellens for doing Bible Study this month. The residents enjoy having you come very much and ***! appreciate*** your help. ***Thanks*** to the Good Hope Ladies who made the clothing protectors. ***Thanks to:*** Jan Stock, Lisa Tjaden, Alice Bruns, Violet Loeschen, Mary Franzen, 4H Kids, Gladys Hansen who brought cookies in for the residents. They enjoyed them. Also thanks to the 4HKids for the Valentine Cookies.

Remember you are always welcome to come to any event that is scheduled at Care Center. Community Coffee is every Sunday from 2-4 everyone is invited to come out for coffee.

Thought For The Day: “ From there to here, and here to there, funny things are everywhere.”-Dr. Seuss

Quotes for the Day: “Strength is the capacity to break a chocolate bar into four pieces with your bare hands and then eat just one of the pieces.”-Judith Viorst “There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”- Albert Einstein.

<u>Month</u>	<u>Flower</u>	<u>Birthstone</u>	<u>Color</u>
March	Daffodil/Jonquil	Blood Stone	White

Daffodil is also known as Jonquil or Narcissus, they come in the colors of white, yellow and orange. If you get this flower as a gift it conveys the meaning of friendship and happiness.

Titonka Care Center... The Small facility with a big heart!

Email....tykecare@netins.net

Web Page is titonkacarecenter.com

Happy St. Patrick's Day

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Dates to Remember

- 1 [Employee Appreciation Day](#)
- 1 [Peanut Butter Lovers' Day](#)
- 1 [World Day of Prayer](#) –
- 3 [Caregiver Appreciation Day](#)
- 5 [Mardi Gras / Fat Tuesday](#)
- 6 [Ash Wednesday](#)
- 10 Daylight Savings begins at 2:a.m.
- 11 [Johnny Appleseed Day](#)
- 12 [Girl Scouts Day](#)
- 14 [National Potato Chip Day](#)
- 16 [National Quilting Day](#)
- 17 [Corned Beef and Cabbage Day](#)
- 17 [Saint Patrick's Day](#)
- 19 [Poultry Day](#)
- 19 [Tea for Two Tuesday](#)
- 20 [International Earth Day](#)
- 23 [Melba Toast Day](#)
- 23 [National Chip and Dip Day](#)
- 23 [National Puppy Day](#)
- 24 [National Chocolate Covered Raisin Day](#)
- 25 [Waffle Day](#)
- 26 [National Spinach Day](#)
- 27 [National "Joe" Day](#)
- 30 [Turkey Neck Soup Day](#) 31 [National Clam on the Half Shell Day](#)

Corned Beef and Cabbage

Ingredients:

- 5 pounds corned beef
- ½ pound salt pork
- 2 bay leaves
- 5 carrots
- 5 potatoes
- 3 turnips
- 4 parsnips
- 4 onions
- 1 head cabbage, quartered
- Ps. Don't forget the Irish Beer.

How to Make Corned Beef and Cabbage:

Place corned beef and salt pork into a large kettle, and cover with water.

Add salt and bay leaves.

Bring to a boil, then reduce to a slow simmer.

Simmer for 3 hours, or until corned beef is tender.

Peel carrots, potatoes, turnips, parsnips and onions.

Cut vegetables into bite-sized pieces.

Add vegetables to the kettle, about 1/2 our before the corned beef is done.

If the kettle is large enough, add cabbage at the same time as you add the vegetables.

If the kettle is not big enough, you can boil the cabbage separately.

Humor for the Day: “My son is thinking of becoming a doctor. He has the handwriting for it.” -Anonymous

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Erin Go Bragh - Saint Patrick's Day



March 17th. Is Saint Patrick's day in honor of the Patron Saint of Ireland, who brought christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs.

Saint Patricks' Day has many symbols and traditions, from shamrocks and leprechauns, to green beer and Corned Beef and Cabbage. Saint Patrick's Day parades are popular in many cities around the U.S. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City, in 1762.

Are you Irish, me lads and me lassies?! Well, the saying goes everyone is a little Irish on Saint Patrick's Day.

Roots of Tradition: Saint Patrick's Day is held in honor of Saint Patrick, the missionary who brought christianity to the Irish people in the 400's AD.

Erin Go Braugh is perhaps the most common Irish term you will hear. It means "Ireland Forever"

Celebrate St. Patricks Day with a Jello Shot.

Saint Patrick's Day Jello Shot Recipe Serves: 6

- 2 large box Lime Jello
- 1 cups boiling water
- 1 1/2 cup cold water
- 1/2 cup Irish Whiskey

Pour Lime jello into a bowl. Stir boiling water into Jell-O until dissolved. Stir in cold water. Stir in Irish Whiskey. Pour into shot glasses or a jello mold. Chill until set.

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Did You Know? Over 34 million Americans are of Irish descent. That's almost nine times the populaton of Ireland!



Favorite Sayings:

May the road rise up to meet you.

May the wind be always at your back.

May a rainbow be certain to follow each rain.

May the rain fall softly upon your fields. And the sun shine warm upon your face.

Top of the mornin' to you.....(and the rest of the day to 'me self!)

May there always be work for you to do.

May your purse always hold a coin or two.

May the sun always shine on your windowpane.

May the hand of a friend always be near you.

May God fill your heart with gladness to cheer you.

This Author's favorite:

May the wind at your back not be from the cabbage and corned beef that you eat today!

May your blessings far outnumber the shamrocks that grow, and may trouble avoid you wherever you go.

Everyone's at least a little bit Irish on St. Patrick's Day. (how true, how true).

When Irish eyes are smiling... they are probably up to something.

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