TRIAD Bingo Day

All residents from the surrounding communities within Carroll County are invited to join in on a special BINGO Day sponsored by our local TRIAD. Refreshments will be served, as well as, different agencies located in Northwestern Illinois will give a presentation on services that their particular agency offers. TRIAD will be presenting a program on Fraud and Depression.

**DATE:** **MONDAY, MARCH 13TH**  
**TIME:** **1:00 P.M.**  
**LOCATION:** **MEST MANOR (525 THIRD ST., SAVANNA, IL)**

Please plan on attending, as this will be a fun filled time for all.

TRIAD is a collaborative partnership involving law enforcement, fire/medical personnel, county government and public safety, senior service providers, hospitals, senior clubs, and senior residents themselves.

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**Lucky Lime Salad Recipe**

**INGREDIENTS**
- 1 package (3 oz.) lime gelatin  
- 1 cup boiling water  
- 1/2 cup cold water  
- 1 package (3 oz.) cream cheese, softened  
- 1/4 teaspoon lemon juice  
- 2 cups whipped topping  
- 1 can (8 oz.) crushed pineapple, drained

**DIRECTIONS**
- In a small bowl, dissolve gelatin in boiling water; stir in cold water. Chill until slightly thickened. Meanwhile, in a small bowl, beat the cream cheese, lemon juice and whipped topping until smooth; stir into gelatin. Fold in pineapple.  
- Pour into a greased 9-in. square dish. Refrgerate until set, about 3 hours.  
- For shamrocks, dissolve gelatin in boiling water. Pour into a greased 11-in. x 7-in. pan. Refrgerate until set, about 3 hours.  
- Using a 2-in. shamrock-shaped cookie cutter, cut plain gelatin into nine shamrocks. Cut gelatin mixture into nine squares; top each with a gelatin shamrock.  

**Yield:** 9 servings.

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**Daylight Savings Time**

Just a reminder…. set your clocks ahead one hour on **SUNDAY, MARCH 12TH**.

Daylight Savings Time is the practice of advancing clocks during the lighter months so that evenings have more apparent daylight and mornings have less.

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**Mest Manor Community Room Renovation Update**

The Mest Manor Community Room renovation is tentatively scheduled to be completed by **MARCH 10, 2017**. Watch for information announcing details of our Grand Opening Celebration!

**Hidden Meanings: Whatzit?**

Find the familiar phrase, saying or name in the following arrangement of letters.

1. Pit
2. CU LEAP
3. to ugh
4. LANGUAGE

See the answers below to the above brain teasers. Remember, it is always good to exercise your brain!

1. Pit stop
2. Look before leap
3. Tough break
4. Foreign Language

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**CCHA Monthly Happenings:**

- **Tenant Meetings**  
  Thursday, March 9th  
  10:00 a.m. & 2:30 p.m.  
  (Mest Manor Dining Room)  
  Tuesday, March 14th  
  2:30 p.m. (Maple Lane)

- **Board Game/Card Club**  
  Saturday, March 11th  
  6:30 p.m. (Mest Manor)  
  All Tenants Welcome

- **BINGO (Mest Manor)**  
  Monday, March 13th & 27th  
  1:00p.m. (All Tenants Welcome)

- **Regular Board Meeting**  
  Tuesday, March 21st  
  2:00 p.m. (Mest Manor)

- **Quarterly Unit Inspections:**  
  (Carroll Apartments Only)  
  Tuesday, March 28th  
  (Apartments #1 - #12)  
  Thursday, March 30th  
  (Apartments #13 - #24)

  Beginning at 12:30pm
March Birthdays

Mildred Wells 4
Lacey Lufkin 6
Michelle Thulion 13
Jordan Adams 14
Laikyn Lawrence 14
Mila O’Neill 17
Anthony Biasi 20
Mark Karsten, Jr. 29

National Frozen Food Month

Did you know that March is National Frozen Food Month? In addition, March 6 is annually Frozen Food Day.

This year, celebrate frozen foods by learning about and appreciating them. Clarence Birdseye is known as the inventor of frozen foods. He was a pioneer in food preservation and invented a “Quick Freeze Machine.” He had been working in the Artic and saw how natives were able to keep fish fresh by freezing quickly in the elements. He thought about how that process could help preserve other foods like vegetables and fruit, and experimented with that process. Birdseye found how to best freeze foods and introduced frozen foods to the public in 1930.

Benefits of Freezing Your Foods

Did you know that frozen foods are often much healthier than packaged or newly purchased produce? This is because foods are often frozen immediately after being harvested, meaning they keep their original nutrients. Additionally, foods that have spent the majority of their lives in the freezer remain uncontaminated by outside particles that may affect the quality of your foods. This includes dust, dirt, grime and air.

Frozen foods have definitely made our lives easier, from frozen meals to freezing home grown vegetables and fresh fish. Freezing keeps our foods safe and fresh tasting. There is a wide array of products we can now purchase frozen, from appetizers to desserts.

We can also freeze many things ourselves, not just summer produce. Think about leftovers—do you throw them out? Much money can be saved if we use those foods as, or in, other meals. When you have leftovers from a casserole or meal, freeze them in individual sized containers, label, and date. Just like that, you now have lunches for work or quick meals.

Food Safety Concerns

Although freezing food is convenient and allows the re-use of leftovers, there are some food safety concerns to take into account:

- Keeping your freezer at or below 0 degree will keep food safe.
- Check your freezer thermometer at least weekly to be sure it is cold enough. Always use the oldest foods before newer ones to avoid freezer burn and to keep the quality of your foods high.

St. Patrick’s Day Fun Facts, Quote & Joke

St. Patrick’s Day takes place each year on March 17, the traditional religious feast day of Saint Patrick. There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.

St. Patrick’s Day Celebration

- Corned beef and cabbage is the traditional St. Patrick’s Day dish. In 2009, roughly 26.1 billion pounds of beef and 2.3 billion pounds of cabbage were produced in the United States.
- Irish soda bread gets its name and character from the use of baking soda rather than yeast as a leavening agent.
- Lime green chrysanthemums are often requested for St. Patrick’s Day parades and celebrations.

Places to Spend St. Patrick’s Day

- There are seven places in the United States named after the shamrock, the floral emblem of Ireland including Mount Gay-Shamrock, WV; Shamrock, TX; Shamrock Lakes, IN; and Shamrock, OK.
- Other towns with the luck of the Irish include Emerald Isle, NC, and Irishtown, IL.

St. Patrick’s Day Quote & Joke

- May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long
- How can you tell if an Irishman is having a good time? He’s Dublin over with laughter!