

Your Monthly Insight.....

# NORGARD NEWS

March 2019 Edition



Fall Prevention Class



Sweetheart BINGO



Maplewood Police  
Senior Protection  
Presentation



February 2019  
In Review....



From the anonymous  
poet for the Norgard  
News:

"Neighbors, good  
neighbors, you're all  
very dear. You are the  
reason I LOVE living  
here!"

-Anon



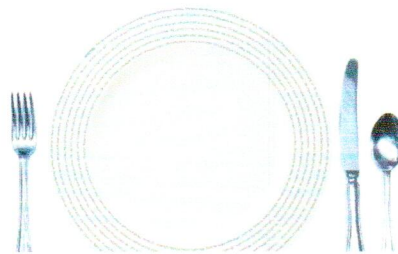
Avoid having to make  
a trip back to your  
apartment....

**Please bring your own  
plates, utensils, and  
beverages to ALL Norgard  
events,** unless specified  
otherwise.

Resident Spotlight

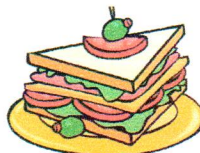
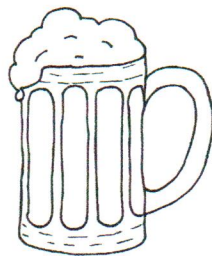
Beginning in April each month the Norgard  
News will feature one resident. The article will  
share the background of said resident and  
their special interests. It gives us an  
opportunity to "meet our neighbors"

Please watch for our first feature story in  
April.

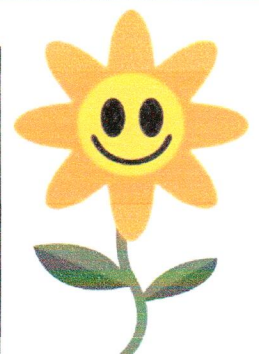
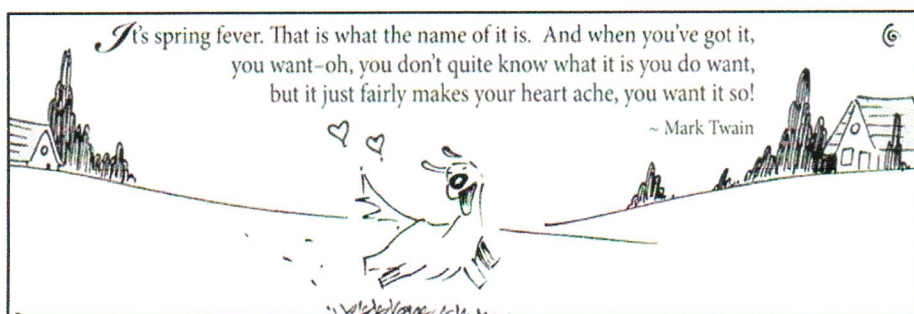
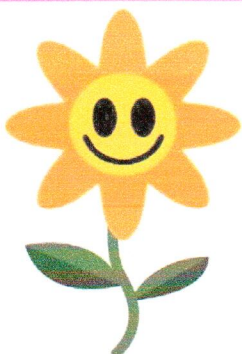


Spring has Sprung HAPPY HOUR Hor D'oeuvres POTLOCK

Please bring an appetizer to share during our Spring Celebration. Beer & Wine will be provided.



2:30pm Friday March 22<sup>nd</sup>





### *Spring*

*Spring appears in whispers  
and hushed tones,  
as the bellowing winter  
bows away.  
Drowsy flowers come to  
attention,  
waking from their sleep-  
yawning;  
with heads turned upward towards  
the Maestro called Sun—  
I watch with anticipation  
as...  
the concert begins.*

*-Susan Filson*

**I'd do some spring  
cleaning, but then I'd  
just have to turn right  
around and do it again**

**next  
spring.**



### Sunday Supper and Potluck

**We are looking to form a small  
committee to organize the  
Sunday Suppers and Potlucks  
going forward. Meeting will be  
held 3/8/2019 11:30am**

**Special thanks to Leslee whom  
previously spear headed these  
events over the past 10 months.**

*thank you!*

### March Birthdays

2<sup>nd</sup> Marion #313

9<sup>th</sup> Marilyn #206

17<sup>th</sup> Doug #219

22<sup>nd</sup> Phyllis #317

23<sup>rd</sup> Audrey #205

25<sup>th</sup> MaryLou #209

27<sup>th</sup> Zach #304

31<sup>st</sup> Thelma #204

**Birthday Bash 1pm March 13<sup>th</sup>**

HAPPY BIRTHDAY to you all.

## Norgard Kitchen

**March 15<sup>th</sup> FREE 12:30pm**

**Saint Patrick's Day Celebration**

**Corned Beef and Cabbage**

**Mint Patty Puddin' Cake**





Norgard asks that we continue to make this a secure building please **DO NOT** let people in the building that you do not know. We ask that you please allow them to use the call box.

Thank you.

## Norgard Reminders

**Community Room:** When occupying the community room please remember to clean up after yourself when you leave.

**Icy Weather:** Another friendly reminder that we do our best to keep the sidewalks and parking lot clear and ice free. However, ALWAYS be careful when walking outside for slippery areas. Thank you.

**Maintenance:** Brennan will be at Norgard every Tuesday and Thursday to tend to any work orders needed. He is always available for any urgent matters. If you fill out a work order and want him there after or before a certain time, please specify that on our work order slip. If you request that you are home, also, please state that on your work order. In addition keep in mind special requests like this could delay the repair requested.

**Morning Coffee:** The coffee made in the community room is not for personal use. Please do not take large quantities back to your apartments.

**Activities:** If you have any ideas on new activities, please let the office know.

Think maybe some fun outdoor activities we could do in spring and summer months

# Let's SWAP it

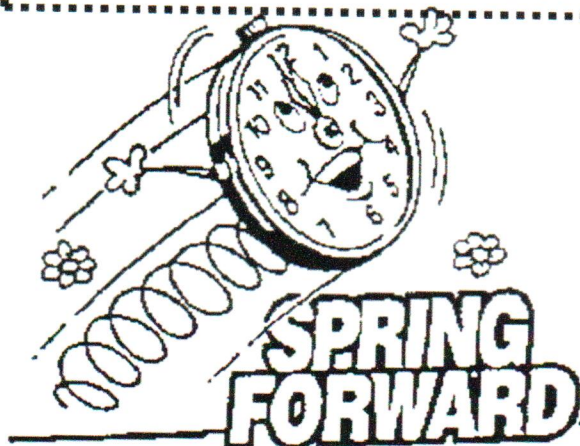
Chances are, you could stand to get rid of a few things around the house. Spring is a perfect time to clear out some of that clutter. It's also a perfect opportunity to go through keepsakes and look at special memories. Bring any items you do not have any use for, and either find something special to replace it, or just enjoy one less piece of clutter!

BRING ITEMS TO THE COMMUNITY ROOM ON MONDAY the 11<sup>th</sup> at 10am ONLY. Remaining items on Sunday morning will be DONATED. Residents will be able to "Shop from Monday the 11<sup>th</sup>-Sunday the 17<sup>th</sup>.

March 11-17th

DAYLIGHT SAVINGS: MARCH 10<sup>TH</sup>

DON'T FORGET TO TURN YOUR CLOCKS AHEAD



## Bake Sale Success

We were able to raise \$223 at our Bake Sale this year!

This helps significantly with the cost of the Saint Patrick's Day Luncheon.

Special Thanks to:

Sandy I., Jane, Mike, Marlyn, Inez, Phyllis, Melanie, Barb W., Dee, Jeanne D., & Carol.

For their baked goods donations.



Dear Spring,  
Feel free to show up  
anytime now. Thanks.

Love,  
All of Minnesota

someecards  
user card



1<sup>st</sup> day of SPRING: March 20<sup>th</sup>



### Guinness Irish Soda Bread

Prep Time

6 mins

Cook Time

30 mins

Total Time

36 mins

Course: Appetizer

Servings: loaf

Ingredients



- 4 cups of All Purpose Flour sift
- 3 tablespoons of sugar
- 1 bottle of Guinness Beer or any other dark beer
- 1 teaspoon of salt
- 2 teaspoon of baking soda
- 4 tablespoons of butter chilled and cut into little pieces
- 1 egg lightly beaten

### Instructions

1. Preheat Oven to 425 Degrees Fahrenheit
2. Mix the flour with the sugar, salt and baking soda
3. Add the butter chunks to the flour and with your hands mix it in until the butter is evenly distributed in the flour
4. Place the flour in a mixer bowl and using the dough hook mix thoroughly
5. Add the egg and mix
6. Add the beer and mix for 4-5 minutes on high speed until the dough comes together and becomes elastic
7. Place the dough on a floured surface and give it your desired shape. Dough will be very sticky so flour your hands
8. Place dough on a sheet pan fitted with parchment paper or a silicone mat
9. Using a knife, make a vertical indentation and then a horizontal one without cutting all the way through. The top should resemble a cross shape
10. Sprinkle flour on the top of the bread
11. Bake for 25-30 minutes or until you knock on the bottom of the bread and it sounds hollow
12. Remove from oven and enjoy!

"What lies behind us and what lies before us are small matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen."

Ralph Waldo Emerson

# Five reasons to enjoy being an old, invisible woman

January 22, 2019 – The Baldwin Bulletin

By: Kristine Holmgren

Once upon a time, I was a show-stopping "looker," a major babe.

Young, lovely, blonde and adorable, people (especially men) paid close attention to how I looked, what I said, how I moved. Then, I grew old and became invisible.

I wish I could tell you it happened in stages. It didn't. It happened on my 50th birthday. The day before, I was young, interesting, and important. The next, I was invisible.

Overnight, I became someone people overlooked, ignored. I spoke, and no one responded. I entered a room and no one (especially men) noticed. I turned 50 and joined the community of invisible women. However, being old is not a curse. It's a blessing. The transition took some adjusting. For the past 15 years, I've been managing my new status. And now, I don't mind aging at all. In fact, I think I'm doing well at the entire endeavor. I don't mind living in the shadows either. I welcome them and learned there are advantages to being invisible. And so — with great humility — I offer the top five reasons to enjoy being an old, invisible woman:

## 1. The freedom to stare

When you're old and invisible, no one cares if you stare.

When I was young, people noticed what I noticed and paid attention to the things that caught my attention. No more. Being old and invisible gives me the license to leer.

This is a good thing. The more I leer, the more I learn. Invisible, I am free. I sit in coffee shops and watch parents struggle with irritable toddlers and young lovers squabble. All of this becomes fodder for my playwriting, my essays.

## 2. The freedom to interfere

When you're a young woman, your opinions are discarded if your hair is dirty or your shoes are out of date. If you don't agree, consider what the media did to young Hillary when she wore a headband, or what it does today to Britney when she gains weight. Consider how we love the post-partum Princess of Wales because of her beauty. Younger women are held to high standards of physical attraction. That's not the case when women age.

Overnight we fade into the wallpaper. We're invisible.

You don't see us coming when we drop-kick our compassion all over you.

Example: When I was a young mother, a trip to Wal-Mart at 4 p.m. meant watching children throw ugly toddler tantrums and listening to their mothers scream. Many times, the mothers behaved worse than their children. Even so, I never interfered. I was young, but I wasn't stupid. My opinions would be rejected — and I knew it. Now, as an old, invisible woman, I interfere all the time. "It's hard to be a little girl," I say to the child as I help her to her feet and pass her a peeled banana. "I think both you and your little kiddo could use a nutritious snack and a nice, long nap," I offer the mother. Interrupting bad behavior is an old woman's secret approach to making the world a better place for younger women. And so far, my meddling has never, ever been rejected.

Every time I interfere — every single time — someone thanks me.



### 3. The freedom to fight back

When we are young, the well-being of our families is directly dependent upon our ability to get along with others (mostly men). Women are trained from early childhood to yield to forces that control our lives. At work, we are seldom brave; we seldom break rank or challenge the people (mostly men) who treat us poorly. At home, we cooperate with our husbands to keep our families harmonious. We ask little and expect less. We build up everyone around us and hope that our families become stronger because of our hard work. And so it happens that most of our young lives are devoted to pleasing people (mostly men). Then, we grow old. In a heartbeat, dependency is over. We draw down our pensions and secure our Social Security. And we are no longer for sale. Invisible, old women with strong opinions and independent means have little to lose. Invite us to your rallies. Include us in your demonstrations. We can be dangerous.

### 4. The freedom to love

No one forgives, understands or opens her heart like an old woman. We know your struggle. If we haven't lived through it, we know others who have. Being old bestows a perception of reality that youth and beauty envy. Our only care is for peace and contentment. If you have an old woman in your life, count on her to settle any dispute that threatens to divide your family. Lean on her. Her first gift is the gift of her undivided attention. Her best gift is love.

### 5. The freedom to pass it on

Your world was first made habitable by the hard work of women who are old and invisible. Without the leadership of the old women around you, your sweet life would be a little more bitter. You don't believe me?

Consider this: If you are a woman and have done any of the following, you did so because an old woman first made it possible: opened a checking account; secured a credit card, mortgage, auto loan or lease without the co-signature of a man; demanded you be paid the same wage as men doing your job; asked and received a prescription for birth control — without your husband's approval or father's consent; played hockey, football, basketball or soccer in high school, college or as a profession.

So, put that in your pipe and smoke it.

And then, take a moment to thank an old woman for her sacrifice.

Believe me, the women who opened these doors for you did so by limiting their own professional, personal futures.

We spoke out nonetheless because we wanted a better world for you and your children.

So tell an old woman you appreciate her sacrifice, her hard work, her good nature. Tell her she inspires you to be better person. Promise her you'll work to advance your generation.

But don't make it into a big deal.

She's old. She doesn't need the attention.

She loves being invisible.

