



Bardwell Bulletin

March 1, 2015



Remember Spring Forward

Remember to turn your clock ahead one hour for Daylight Savings Time which begins on March 8

Make Me Smile . . .



Smoking Cessation

Starting March 17, Rutland Regional Medical Center will offer Smoking Cessation class at the Bardwell to assist residents who would help quitting before the Bardwell becomes smoke-free.

Home Made Eats

Macaroni and Cheese for One in a Mug

A large mug or bowl (I use a big soup mug)

Whole grain elbow macaroni

Water

Cheddar-Jack Shredded Cheese

Splash of milk

In a microwave safe {big} mug or bowl (make sure it is a big one or it will boil over), put 1/3 cup whole grain elbow macaroni and 1/3 cup + 1/4 cup water (You may need more water... just play with it adding a couple extra Tbs at a time). Microwave for 6 minutes, stirring at 4 minutes, 2 minutes, and 1 minute. The pasta should be cooked and there will be a tiny bit of thick pasta water in the bottom. Leave this water. Add a heaping 1/3 cup shredded Cheddar Jack cheese .

Return to the microwave for 30 to 45 seconds to melt the cheese. Stir well, adding a small splash of milk (maybe 2 teaspoon. Enjoy!

Mark Your Calendar

Check the Calendar in the Lobby for **times and locations.**



March 2 **Resident's Association Elections**

March 2 Resident Association General Meeting

March 4 Coffee Hour

March 4 CSJ Student Visits

March 8 Daylight Savings Time begins

March 9 Coffee Hour

March 9 The Science of Happiness

March 11 Laughter Yoga

Art Walk March 11

March 11 Bingo

March 13 Coffee Hour

March 13 Brain Games

March 16 The Science of Happiness

March 16 Caring Canines

March 17 Smoking Cessation Class

March 18 Laughter Yoga

March 20 Coffee Hour

March 20 Wii Bowling

March 23 The Science of Happiness

March 24 Smoking Cessation Class

March 25 Laughter Yoga

March 25 CSJ Students

March 27 Coffee Hour

March 27 Brain Games

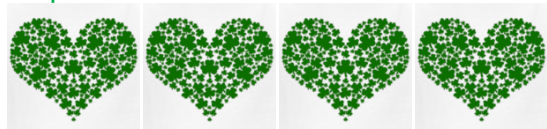
March 28 Bingo

March 30 The Science of Happiness

March 31 Smoking Cessation

Renter's Rebates

It is not too late to make an appointment to fill out your Renter's Rebate Forms. Call Sherri Durgin-Campbell for assistance



PEDESTRIAN SAFETY

Rutland City will be making the Washington and Merchants Row intersection a four way stop when the pedestrian button is pushed.

When crossing the roads in Rutland City please remember to cross in the crosswalks. Also do not cross until you see the pedestrian lights appear indicating you now have the right of way. It is better to be safe.

If you see a car violating the law please try to get a license number and call the city police with a report.

PI Day

Pi Day is celebrated on March 14th (3/14) around the world. Pi (Greek letter “ π ”) is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — which is approximately 3.14159.

Pi has been calculated to over one trillion digits beyond its decimal point. As an irrational and transcendental number, it will continue infinitely without repetition or pattern. While only a handful of digits are needed for typical calculations, Pi’s infinite nature makes it a fun challenge to memorize, and to computationally calculate more and more digits.

Safety Reminder

The Bardwell is a secure building. Please do not allow anyone not visiting directly with you to enter the building. Just because you have seen them in the building before does not mean the person they usually visits wants them to visit at that time. Allow others the same privacy you want for yourself.

Cheap and Safe Cleaning

All Purpose Cleaner

You will need...

- 1/4-1/2 cup of white vinegar
- 2 tablespoons of baking soda
- Several drops of tea tree or eucalyptus essential oil
- Spray bottle
- Enough water to fill the bottle

Pour ¼ to a ½ cup white vinegar in a spray bottle and add 2 tablespoons of baking soda. Put in a few drops of your chosen essential oil and then fill the bottle to the top with water.

E. P. Management Bardwell House (802) 775-1100

Call number above first, then press extension listed below

Courtney Dupre, press 8: Call Lisa for referrals for Lease Violations, Services, and Maintenance Requests

Lisa Bowen press 2: call for Rents and Invoicing

Sherri Durgin-Campbell, press 6: Resident Services Coordinator

Jeff Barrett, press 3: Regional Property Manager

Reminder

The Bardwell is fortunate to have a Residents Association. This group works for the betterment of all residents and all residents are members of the Association. Please show your support by attending Association meetings and if you have time by running for Office. Elections will be held on March 2. You can vote in the Dining Room.

