



# Bardwell Bulletin

May 1, 2015



## May Day

May Day (May 1st) is celebrated in many places around the world. The traditions and stories surrounding May Day vary from place to place. There is, however, one thing that is similar in most celebrations - **the use of Flowers!**

One of the most popularly known May Day traditions is to hang a basket full of spring flowers and/or other small gifts on a neighbor's doorknob. The trick is you don't want the neighbor to see you!

## Make Me Smile . . .



## Home Made Eats

### Marinated Three-Bean Salad

Yield: 4 servings

#### Ingredients

- 1 can lima beans (8.5 ounce)
- 1 can cut green beans (8 ounce)
- 1 can red kidney beans (8 ounce)
- 1 onion (medium, thinly sliced and separated into two rings)
- 1/2 cup bell pepper (chopped sweet green)
- 8 ounces Italian salad dressing (fat-free)

#### Preparation:

1. Drain the canned beans.
2. Peel and slice the onion and separate into rings
3. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
4. Pour the Italian dressing over the vegetables and toss lightly.
5. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
6. Drain before serving.

## MARK YOUR CALENDAR

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



- May 1 Coffee Hour 9:00AM
- May 4 Residents Association Meeting 3:00PM**
- May 5 Smoking Cessation Support 11:00AM
- May 8 Coffee Hour 9:00 AM
- May 8 Brain Games 1:30 PM
- May 11 Rutland Sheriffs Dept. Scam Prevention 11:00 AM**
- May 12 Smoking Cessation Support 11:00AM
- May 13 Art Walk 12:45 PM
- May 12 Bingo 5:45PM
- May 15 Coffee Hour
- May 15 Wii Bowling
- May 16 Dessert Social and Birthdays 3:00 PM
- May 18 Therapy Dogs
- May 19 Smoking Cessation Support 11:00AM
- May 22 Coffee Hour 9:00 AM
- May 25 Memorial Day ( Office is Closed)**
- May 30 Bring a Prize Bingo 2:45 PM

## Cheap and Safe Cleaning

After you flush the **toilet**, sprinkle 1/4 cup of baking soda into the wet bowl. Take your shower and then give the bowl a single scrub. Flush to rinse.

# MEMORIAL DAY



**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

**Sherrri Durgin-Campbell, press 6:** Resident Services Coordinator

**Jeff Barrett, press 3:** Regional Property Manager

**Resident Services Coordinator**

The Smoking Cessation Program offered by Rutland Regional Hospital has been completed. Congratulations to the participants who finished the program successfully.

If others have an interest in quitting, there are ongoing meetings provided by Rutland Regional Hospital.

Classes are ongoing and meet weekly on the following days/times:

- Mondays, 4:30-5:30pm, Foley Cancer Center Conference Room at Rutland Regional, 160 Allen Street, Rutland
- Tuesdays, 11am-12noon, Rutland Heart Center, 12 Commons Street, Rutland
- Thursdays, 9-10am, Rutland Regional Behavioral Health, 1 Commons Street, Rutland

You will receive free Nicotine Replacement Therapies by attending one of these programs.

You can Pre-register or ask questions by calling 747-3768

**Protect Yourself from Scams**

Lynne Tucker of the Rutland Sheriffs Department will be here on May 8 at 11:00 to talk about the latest scams and how to protect yourself.

**Wheels**

Bicycles, Carts, Walkers and such, belonging to residents and/or their guests, cannot be left or stored in hallways or common areas of the Bardwell. Bardwell residents nor their guests are permitted to leave bicycles, carts, or walkers and such on the ramp nor in the entryways. This is a safety issue.

**Flowers & Vegetables**

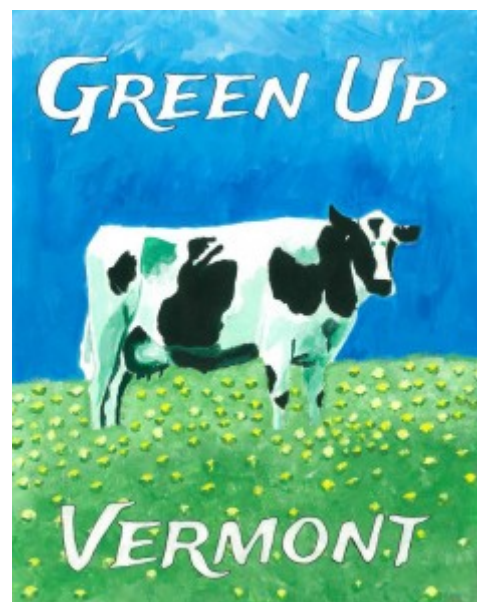
Tenants are taking advantage of the "Grow Room", an area that shares its space as the Puzzle Room, and attempting to grow their own vegetables. If you are not participating in this project, please do not disturb the plants that have been started. Each resident is responsible for caring for their own plants. We ask those who choose not to participate to respect the efforts of those who are participating.

**Vermont Senior Farm Share Program**

50 dollars worth of coupons to one farm stand for the season. If you are interested in participating in this program please see Sherrri for an application by May 8. Slots are limited so first come, first served.

**ART WALK MAY 13**

This month we will be viewing the work of Erica Lawler at the Castleton gallery and the theme of the Chafee downtown will be "Imagination". We will also be visiting the gallery next to Timco Jewelers. There will be refreshments after the viewings.



**May 2, 2015**