

# MARCH

# SPRING

*Always bear in mind that your own resolution to succeed is more important than any other.*

*-Abraham Lincoln*

## Social Worker Appreciation Month

We would like to Thank all of the Social Workers who have given their time, skills, and services to help touch people's lives.  
Thank you for all that you do.

*Thank you*

### Give us a call...

We believe locally owned, independent providers give the most personal service. We offer a complete range of durable medical equipment. Our mission is to bring comfort and independence to the lives of our customers by providing them with quality products and services. We place the wellness of our customers above all else.

## Ambulatory Aids

We carry a great selection of walkers, rollators, canes and crutches to meet individual mobility needs.

Canes and crutches can help maintain balance, facilitate healing and prevent falls. Walking canes are available in many styles and colors, are adjustable and offer convenient features like curved handles and non-skid rubber tips for safety. Four-point quad canes are an option for greater stability and balance.

Walkers provide a safe way to travel around the home while allowing for increased mobility. They conveniently fold down for easy storage.

Rollators are walkers with wheels. They are also available in varying heights and weight capacities. The addition of the wheels allow more flexibility and mobility both indoors and outside.





National Nutrition Month® 2010  
American Dietetic Association

## March is Nutrition Month

Build your nutritional health from the ground up. This month is used to encourage everyone to improve their eating habits. Some tips for improving nutrition from the ground up are available at [www.eatright.org](http://www.eatright.org).

### Saint Patrick's Day—Did You know?

Saint Patrick's Day is a yearly holiday that is celebrated on the 17th of March. It is named after Saint Patrick who was the most commonly recognized patron saint of Ireland. Saint Patrick's Day originally began as a purely Christian holiday and became an official feast day in the early 1600s. Today it has gradually become more of a secular celebration of Ireland's culture.

Irish and many non-Irish people celebrate this day by wearing green clothing. There are usually many tasty treats and drinks dyed green to go along with the day's festivities.

### Saint Patrick's Day Sugar Cookies

#### **Ingredients:**

2 1/4 cup self-rising flour

1/2 cup butter

1 cup sugar

2 eggs, beaten

1 tablespoon vanilla

1 tablespoon milk

Drops of green food coloring. (Just enough to turn the mixture green.)

Round pastry cutter



#### **Directions:**

Sift flour. Cream butter, sugar, eggs. Add vanilla and milk to the flour. Blend all ingredients and then add the drops of green food coloring. Place dough on a lightly floured board or dry countertop.

Sprinkle some flour over the dough and roll to about 1/2-inch thick. Cut out 3 circles with the pastry cutter and overlap the circles into a shape of shamrock on place on baking tray. Bake at 300 degrees for 10-15 minutes. Makes 12 cookies.

\*This is a basic sugar cookie recipe.

\*Recipe from [cookie-recipes.net](http://cookie-recipes.net)

If you have any recipes you would like to share, email us. I will gladly feature them in an upcoming newsletter.

Are there certain medical equipment topics or criteria you are interested in learning more about? If so, let us know. Send us an email or give us a call and we will gladly help you find the information you are looking for.

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**"WE'RE NOT THE OLDEST OR THE LARGEST, JUST THE BEST"**

