

# The LEEflet

MARCH 2018

## LEE CENTER

LEE Center

262-2166

Office Hours:

M-F 9-4:00

- Stamps \$10.00  
bk of 20
- Quarters:  
\$10.00/Roll
- Bus Passes:  
\$15.00 for ei-  
ther 15 rides,  
with no expira-  
tion, or unlim-  
ited monthly  
pass.
- Copies: .10/ea
- To set a bus  
pick-up call

263-7115

Stamps, Quar-  
ters ,Bus passes &  
copies are availa-  
ble from the office  
staff M-F 9-  
11:00AM

It's been said that '**Laughter IS the Best Medicine.**' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

Here are a few helpful suggestions for lightening up and laughing more:

Hang out with people with a good sense of humor.

Play with young children—their laughter is contagious!

Buy a joke book and share it at coffee .

Record a few great sitcoms and watch them in the evenings.

Go to bingo or play a game of cards with your friends on a regular basis.

People who make a point of laughing with friends and loved ones enjoy better overall health and happiness than those who are more isolated and alone. If your not involved with our activities here at LEE Center get involved and make new friends and happy memories.

So here's to living a longer and healthier life.



Barb Watson





## Building Business

- **The 4<sup>th</sup> Floor carpet will be installed starting the week of March 19<sup>th</sup> Starting at 8:00 AM.**  
It is expected to take at least three full days to complete. During this time the carpet installer “Dan” will need full access to every doorway on the 4th floor . We will post notices when we get closer to the start date. We apologize for any inconvenience that this may cause.
- **Remember to return the shopping carts immediately when you are done using them. If you have one in your apartment this is LEE Center property please return it.**
- **Just a reminder to pet owners or visiting pets Management has designated areas on the premises for pet exercise and the deposit of waste. Tenants and their guests are forbidden from exercising their pets or permitting their pets to deposit waste on the premises outside of the designated areas. Any instances where urine and/or feces are deposited in other areas will be considered damage to the property. The designated exercise area is located outside both the North and the South entrances of the building, from 5 feet away from the building to the woods. Waste should be placed in a plastic bag and securely tied and placed in the trash receptacle. The tenant is responsible to make sure the animal relieves itself away from main entrances.**
- **Remember that if you need help with paper work, Insurance ,making an appointment , arranging for transportation to and from an appointment or anything else make an appointment with Barb she is available to help M-F 9:00-4:00.**
- **The Enrichment Committee /Coffee Club will be hosting a St. Patrick's Day party on Saturday March 17th at 12:00 in the dining room. please sign up in the dining room if you plan on attending so they can plan accordingly. Wear your green and have some fun with your neighbors.**

## St. Patrick's Day Pistachio Cupcakes

### INGREDIENTS

- 1 3/4 cups all-purpose flour
  - 1 package (3.4 ounces) instant pistachio pudding mix
  - 2/3 cup sugar
  - 2-1/2 teaspoons baking powder
  - 1/2 teaspoon salt
  - 3/4 cup miniature semisweet chocolate chips
  - 2 eggs
  - 1-1/2 cups milk
  - 1/2 cup vegetable oil
  - 1 teaspoon vanilla extract
  - 1 cup cream cheese frosting
- Green colored sugar *and/or* sprinkles



### DIRECTIONS

In a bowl, combine the flour, pudding mix, sugar, baking powder and salt. Stir in chocolate chips. In another bowl, combine the eggs, milk, oil and vanilla. Stir into dry ingredients until well mixed.

Fill foil or paper-lined muffin cups two-thirds full. Bake at 375° for 18-20 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Frost and decorate as desired. Yield: about 1-1/2 dozen.





3220 8th Ave. E.  
Hibbing, MN 55746  
218-262-2166  
218-262-2167 fax

218-969-8599 after hours caretaker  
218-333-2361 Service Coordinator  
218-262-4784 AEOA Meals on Wheels  
218-262-6324 Hairdresser Shirley  
218-969-5770 Healthy Foot Care ( Dawn)  
218-260-4951 Digital Concepts for Direct TV  
Adam

Hibbing Area Transit / Heartland Express  
218-263-7115



It is because of our Christian faith that Avinity is guided by the following core values in support of our mission:

- \*Excellence– we have high standards; we seek to be innovative.
- \*Compassion– we open our hearts to our residents, caring for the whole person: body, soul and spirit.
- \*Respect– we hear and support the needs of others; we work to build trust.
- \*Integrity– we consistently adhere to high ethical standards and best practices.
- \*Fellowship– we encourage an inclusive spiritual community.
- \*Stewardship- we use our resources prudently.

## March Birthdays



3/8 Bernice G . Apt # 209

3/29 Vicki S. Apt # 203

3/21 Vi H. Apt # 501

3/30 Glen E. Apt # 500

3/24 Joyce C. Apt # 401

The Birthday party will be on March 29<sup>th</sup>

Ice Cream, Cake ,Coffee

And live entertainment by Larry Koski for \$2.00

No Charge for Residents with a March Birthday

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## Welcome

## Myrtle S. Apt # 405



# Save the date

## Floor Meetings

- **March 6th 1st & 2nd Floor @ 2:00**
- **March 7th 3rd Floor @ 2:00**
- **March 8th 4th Floor @ 10:00**
- **March 8th 5th Floor @ 2:00**
- **March 9th 6th Floor @ 10:00**

Building Floor Meetings are set for this month. The idea behind floor meetings is for the Housing Administrator and Services Coordinator to get together with the residents of LEE Center to share building updates, ideas, concerns and anything else that comes up. It is also a good way to meet and see the other residents that live on your floor. If there is anything in particular that you would like brought up at the floor meetings, please let Sandra know. Hope to see all of you!

## Tech & Coffee

The first “Tech and Coffee” to be held here at the LEE Center will be on Friday, March 16<sup>th</sup> at 3:00 in the dining room. The Hibbing High School Robotics club along with the AGE to AGE initiative in the Hibbing area will have High School students available to help you with any technology questions you may have. There will be about 9 students available to help you answer questions on your cell phone, laptop, tablet, home PC, email, facebook or whatever else you may need help with. Bring yourself and your device down to the dining room on Friday March 16<sup>th</sup> and see if they can help you. Treats and beverages will be available.

## Spring Thaw



What a cold winter it has been. I know we are all looking forward to spring. I can't wait to see the beauty of Crocuses coming up through the thawing ground.

For me, the spring thaw began in January, during a blizzard with below zero wind chills. In my city, during a snow emergency, no one is allowed to park on the streets. If you do, you stand the risk of having your car towed away.

So I drove my car to the designated parking area the city provides for such an event. As I was driving into the parking lot, a car sped in before me causing me to stop. At that point, I was stuck in the snow like I've never been stuck. Even a postman, seeing my dilemma, stopped by to help. With all our effort, we moved the car six inches.



Then a man from a nearby high-rise came down from the warmth of his apartment and gave us a hand. We were going nowhere. Then someone with a bobcat came to help, as well a city plow truck. Still we got nowhere. Finally my wife and son came to help. They brought with them the secret weapon – cat litter! Finally we were able to move the car inch by inch with seven men pushing, including the man who initially cut me off. All said and done it took 11 people over an hour to move the car to a safe spot. I was amazed at the generosity of all who came to my aid. No one would take a dime. They just did it out of the goodness of who they were. My heart was warmed better than any spring thaw.

As a chaplain, you can understand how this story could play out in a sermon of mine. We are all given opportunities to become that spring-time thaw to our friends, family, neighbors and at times, even strangers. Why? Simply because of the love of God. The apostle Paul wrote: "We love because God first loved us."  
*1 John 4:19*

You may not be able to push a car for an hour, but with God living within you, you can be a blessing to others. During this time of Lent, ask God how you can be a blessing to others. Be that spring-time thaw.

*Written by Chaplain Lane Skoglund-Anderson*