

Green Velvet Cake

Cake

- 2 eggs
- 1 1/2 cups sugar
- 1 1/2 cups oil
- 1 Tbs vinegar
- 2 1/2 cups flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup buttermilk
- 1 tsp vanilla extract
- 1/2 tsp green food coloring



Combine eggs, sugar, oil and vinegar in bowl. Mix well. Sift flour, soda and salt together. Add to egg mixture alternately with buttermilk, mixing well after each addition. Blend in vanilla and food coloring. Pour into 3 greased and floured 8" cake pans. Bake at 350 for 25 minutes. Cool.

Fluffy White Frosting

- 3 Tbs meringue powder
- 1/2 cup cold water
- 2 cup sugar
- 1/4 cup white corn syrup
- 1/2 cup water
- 1/8 tsp green food coloring
- chopped pistachio

Beat meringue powder and 1/2 cup of cold water until stiff, about 4 minutes. Mix sugar, corn syrup and 1/2 cup of water in a 2 quart saucepan. Bring to a boil. Cool slightly.

Slowly add syrup to meringue mixture while beating on low. Add green food coloring, if desired. After adding all syrup to the mixture, turn beaters on high. Beat for about 4 minutes until stiff and glossy. Add green food coloring, if desired. Frost between layers, on the top and side of cake. Sprinkle chopped pistachio nuts on top.

Take A Laugh At Life



Laughing has been proven to seriously lighten your mood, and you've probably experienced yourself how a good giggle can turn a bad day into a fantastic one. Here are some ways to keep laughter in your life:

- Several comedians have recorded performances of their routines. Purchase one of their tapes and keep it in your car.
- Cut out humorous comic strips or jokes and hang them in your home or office for a midday pick-me-up. You can even purchase a cartoon calendar for monthly laughs.
- If the day is getting you down, take 15 minutes to call an upbeat friend.

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Life's Little Instructions

1. Every so often you should push your luck.
 2. Never underestimate the power of a kind word or deed.
 3. Never give up on anybody—miracles happen every day.
 4. Become the most positive and enthusiastic person you know.
 5. Learn to listen.
 6. Think big thoughts, but relish small pleasures.
 7. Don't expect others to listen to your advice and ignore your example.
 8. Opportunity sometimes knocks very softly.
 9. Leave everything a little better than you found it.
 10. Don't forget: a person's emotional need is to feel appreciated.
 11. Never waste an opportunity to tell someone you love them.
 12. Treat everyone you meet like you want to be treated.
 13. Make new friends but cherish the old ones.
 14. Don't use time or words carelessly, neither can be retrieved.
 15. Judge your success by the degree that you're enjoying peace, health, and love.
 16. Smile a lot: it costs nothing and is beyond price.
- Author Unknown



10 Foods For A Good Night's Sleep

The list has a few of the obvious contenders, like Chamomile tea, warm milk, and turkey, but you're sure to find a new sleep-inducer on this list. The remaining 7 healthy foods are bananas, honey, potatoes, oatmeal, almonds, flaxseeds and whole-wheat bread. Add some of these foods to your bedtime diet and it just might be the key for you to get a good night's sleep.



Spring Forward!

Spring is on the way with longer days and shorter nights. This year **March 12** brings the beginning of daylight saving time, so don't forget to set your clocks and watches ahead one hour.

Happy St. Patty's Day!

The staff of Scenic Nursing & Rehab wishes all our residents a happy St. Patrick's Day. May all your clovers have four leaves and there be a pot of gold at the end of your rainbow.



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