

# Sterling Press April

2018

**Sterling  
Park**  
SENIOR LIVING

## Health Care Center News & Events

Sterling Park HCC  
142 North 1st Street  
Waite Park, MN 56387  
Phone: 320-252-9595

### Cookie's with Carolyn

#### *Spring Lime Tea Cookies*

##### **Ingredients:**

- 2 teaspoons lime juice
- 1/3 cup milk
- 1/2 cup butter, softened
- 3/4 cup white sugar
- 1 egg
- 2 teaspoons lime zest
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2 tablespoons lime juice
- 1/4 cup white sugar



##### **Directions:**

- Preheat oven to 350 degrees F (175 degrees C). Combine the 2 teaspoons of lime juice with the milk, let stand for 5 minutes.
- In a large bowl, cream together the butter and 3/4 cup sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder and baking soda, blend into the creamed mixture. Drop by rounded spoonfuls onto the ungreased cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven, until the edges are light brown. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely.
- To make the glaze, stir together the remaining lime juice and sugar. Brush onto cooled cookies.

### HAPPY BIRTHDAY!

#### **Residents:**

Maggie B. 04/07

Jackie E and Johanna P  
04/13

Bernice B. 04/18

#### **Employees:**

Nicole Sande 04/04

Aurion Sullivan 04/08

Cherie Nelson 04/26

April Loso 4/27



*Our mission is to enrich the lives of those we serve*

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### April is National Humor Month

This is the perfect time to add a little humor into your daily routine. Founded in 1976 by author and humorist Larry Wilde, the original idea was to heighten public awareness of the therapeutic and restorative values of joy and laughter..

["https://www.huffingtonpost.com/2012/04/25/national-humor-month-](https://www.huffingtonpost.com/2012/04/25/national-humor-month-)

Sterling Park Commons  
35 1st Avenue North  
Waite Park, MN 56387  
Phone: 320-252-7224

#### **UPCOMING EVENTS:**

**04/06** Music with Rick  
Prix at 2:30 pm

**04/10** Music with Vick B  
at 2:15 pm

**04/12** Birthday Party at  
2:15 pm

**04/14** Polka music and  
Birthday Party at 2:30 pm

**04/19** Music with Marie  
O. at 2:30 pm and Happy  
Hour at 6:30 pm

**04/26** Music with Travis K  
at 2:30 pm

**04/27** Music with volun-  
teer Rick at 2:30 pm

#### Benefits Of Laughing

1. Reduce's Heart Disease.
2. Natural Pain Killer.
3. Improves Breathing.
4. Helps You Lose Weight.
5. Gives You Good Sleep.
6. Decrease Stress.
7. Makes You Look Young.
8. Boosts Relationships.

There's No Reason Not To Laugh...!



[DailyStatusQuotes.Com](http://dailystatusquotes.com)



["http://dailystatusquotes.com/wp-content/uploads/2015/08/Benefits-of-laughing.jpg"](http://dailystatusquotes.com/wp-content/uploads/2015/08/Benefits-of-laughing.jpg)

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