

March 21, 2017
Living
Information for
Today

Dignity Lift Program

UpLIFTing News

Introducing Yvonne Garrett



Yvonne Garrett is one of our LIFT Members. Yvonne takes great pride in her "collection" which includes many teapots, hats, milk glasses, wooden candlesticks, and a variety of other antiques.

Yvonne's love of collecting began with her mother collecting milk glasses and later her husband who collected teapots. Yvonne's family relocated frequently throughout her childhood due to her father's work. Milk glasses were easy to pack every time the family needed to move.

Yvonne's father enjoyed working with wood. Yvonne has many wooden candlesticks her father made as well as pieces of furniture and walking canes.

One of her most interesting items is a WWII era globe that she picked up by the trash on her way to work one day. Her most treasured pieces in her collection include her teddy bear "Gladly", wooden candlesticks made by her father, and her Moorland punch bowl. Yvonne finds many of her items at garage sales and Decades as well as antique stores.



Yvonne,
Thank you for
sharing. We
appreciate you!

Please join us for our first quarterly activity. Tuesday, March 28, 2017, 11:00 AM-12:00 PM

Glass Castles Stained Glass Studio and Gift Shop

323 E Main St, Nacogdoches, TX 75961

We will be treated to a stained glass demonstration and learn about this fascinating art.

Thank you Wendy Buchanan and Daniel Reid for sharing vital information concerning preparing for taxes and estate considerations last month. We appreciate the folder with all of the great information for future reference you so graciously provided.

Curried Carrot Soup for One
Ingredients

- 1 tablespoon butter
- 1/2 small onion, chopped (about 1/2 cup chopped)
- 1/2 pound carrots, peeled and chopped (about 1 1/4 cup chopped)
- 1/2 teaspoon fresh ginger, finely chopped
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground coriander
- 1/8 teaspoon chili powder
- 1 cup chicken broth, (use vegetable broth if you would like this recipe to be vegetarian)
- 1/2 cup unsweetened coconut milk
- 1 teaspoon chopped cilantro, optional for garnish

Instructions

- 1 Melt the butter in a 2-quart saucepan on medium-high heat. Add the chopped onions, carrots, spices and a pinch of salt. Stir and cook until vegetables are softened, about 10 minutes.
- 2 Add the chicken broth, there should be enough to cover the vegetables. Add a little more broth, if necessary. Bring to a boil, then reduce the heat to simmer and continue cooking until the carrots are cooked through, about 10 minutes.
- 3 Using an immersion blender puree the soup in the pot. Or, puree soup in a regular blender, then return soup to the pot.
- 4 Stir in coconut milk and add salt and pepper to taste.
Garnish with chopped cilantro, if desired.

"Info for the Golden Years"-Thursday, March 30th 5:30PM-7:00PM

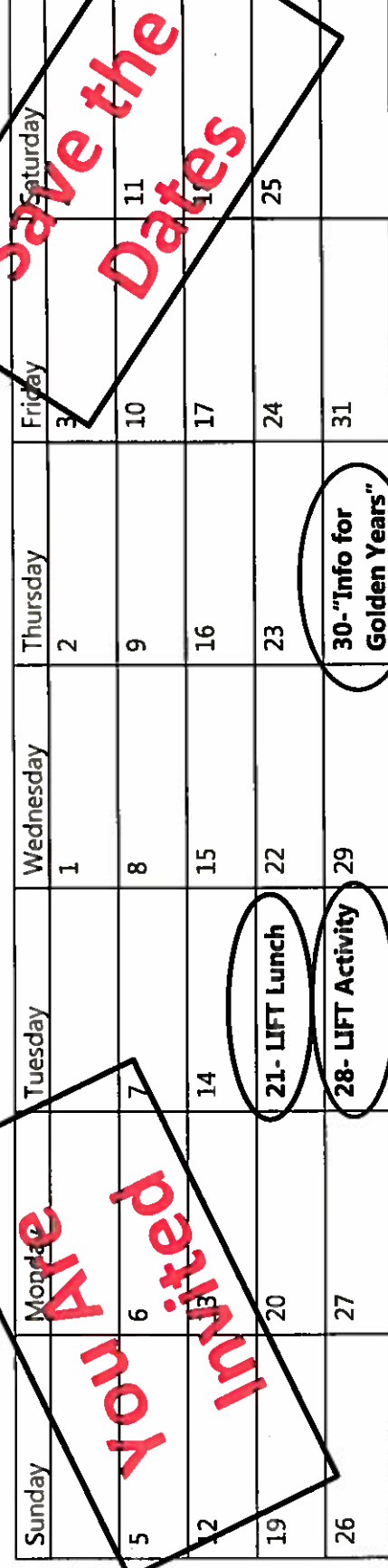
"Info for the Golden Years" is a new program hosted by Cason Monk-Metcalf where several community leaders come together for a panel discussion to provide information needed as people age and face new challenges. Many decisions need to be made that people are not aware of until it is too late. This month's panel will include: Thad Floyd, Attorney; Amy Yaley, Bancorp Bank; Paul Smith, Roy Blake Insurance; Jackie Ramirez, Accolade Hospice; Wendy Buchanan, Wells Fargo Advisors; Mary Jo, from The Arbor and Tracy Lane, Funeral Director. Each panel member will talk for 10 minutes about what we need to know in advance about their industry. Guests are permitted to ask questions to gain insight after the panel discussion. Knowledge is power that helps us make better decisions. The panel discussion will be held on Thursday, March 30, 2017 at Cason Monk—Metcalf Funeral Directors, 5400 North Street, Nacogdoches, TX from 5:30 pm – 7:00 pm. Light refreshments served from 5:00 pm- 5:30 pm to meet the panel and gather information before the discussion. There is no charge for this event.

Next Dignity LIFT Meeting: Tuesday, April 18, 2017

Guest Speaker: Jocelyn Moore
Assistant Education Director, SFA Gardens

Dignity Memorial LIFT® is a social support program that helps widows and widowers adjust to the loss of their spouses. The program gives members the opportunity to socialize with others who share similar feelings and experiences. The Dignity Memorial LIFT® program encourages members to invest emotional energy in fellowship with other members as well as in educational activities.

March 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21- LIFT Lunch	22	23	24	25
26	27	28- LIFT Activity	29	30- "Info for Golden Years"	31	

LIFT Lunch- Tuesday, March 21st 11:30 AM-1:00PM- Guest Speaker Lucy Richardson "Cooking for One"

Barnhill's Steak and Buffet Restaurant
3217 North Street
Nacogdoches, TX 75965
Lunch Cost: \$10.00

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