

March Newsletter



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Fat Tuesday—Paczki Day, March 5, 2019

What is Paczki?

It's that time of year again! Fat Tuesday, or as it is lovingly called in many areas of Michigan, Paczki Day. This day is celebrated by indulging in the traditional Polish jelly-filled pastry known as a *paczki* (PON-check). The more commonly used name for these is *paczki* (POONCH-kee), which is the plural pronunciation for this sweet treat.



Paczki are made from richer yeast dough that won't collapse when you bite into it. Paczki are pastries made from deep-fried flat dough with fruit or cream filling and are topped with a light dusting of sugar. The traditional fruit filling is prune, but others include apricot, lemon, blueberry, raspberry and custard.

Where to Enjoy Paczki in Michigan

Known as Michigan's 'Poletown' Hamtramck, a city near Detroit. Polish immigrants started flooding the area in 1914. Paczki is the star pastry of their annual Paczki Day Festival. Here are some other great spots across the state to enjoy this treat:

KRZYSIAK'S HOUSE RESTAURANT –BAY CITY

Krzysiak's is a traditional Polish restaurant, adorned with murals of Poland.

DONNA'S DONUTS – FLINT

Donna's has not only Paczki and donuts, but muffins, bagels, coffee and tea.

CRUST – FENTON

Enjoy the Polish treat, a breakfast sandwich and more at Crust, right in Fenton's downtown.

Paczki fans may need to fast after a day of enjoying the sugar-and-fat treat. One paczki can contain 300 to 450 calories and anywhere from 15 to 24 grams of fat, depending on the size and exact makeup of the treat, making it a perfect addition to Fat Tuesday celebrations.

It's that time of year to...

- ✓ Renew and revive the inside of your home by giving it a good spring cleaning.
- ✓ Test the operation of your smoke detectors, replace the batteries, and clean the covers.
- ✓ Check for exterior repairs to your doors, windows, and fence. Plant new flowers and shrubs around your home's entrance and walkways.

...and remember to set your clocks ahead one hour on March 10, 2019.



Did you know that March was named for the Roman God "Mars".

Make This Irish Shepherd's Pie to Celebrate St. Patrick's Day



Irish Shepherd's Pie has always been much-beloved for its comforting, filling, stick-to-your-ribs quality. In the U.S., it's known as a rich, beef-based stew with a thick layer of crispy, warm mashed potatoes on top. However, speak to any Shepherd's Pie connoisseur, and they'll insist that lamb is the only way to go. Back in the 1700's, folks in England, Scotland, and Ireland used lamb as the base of the pie. Why? Because Shepherd's do what other than... look after sheep. The contemporary Shepherd's Pie that we know (with beef) was formerly known as a Cottage Pie, because ranchers work with cows. Regardless of what protein you pick, though, you're sure to enjoy this filling, Irish classic.

INGREDIENTS

- 12 ounces Yukon Gold potatoes
- 1 carrot
- 4 ounces parsnips
- 1/8 ounce chives
- 1 yellow onion
- 1 packet unsalted butter
- 1/4 cup heavy cream
- 12 ounces ground beef
- 1 tablespoon tomato paste
- 1 tablespoon flour
- 1/2 teaspoon Worcestershire sauce
- 8 ounces chicken stock

You'll Need

- 1 tablespoon + 1 teaspoon olive oil
- kosher salt (to taste)
- black pepper (to taste)
- 8" medium pot
- potato masher (optional)
- 10" medium high-sided ovenproof pan



Make Mashed Potatoes:

Place potatoes in a medium pot and cover with cold water by 1-inch. Season generously with salt, bring to a boil over high heat, and cook until tender when pierced with a knife tip, 10-12 minutes. Drain and return to pot, off heat. Add butter and heavy cream and, using a potato masher or fork, mash until smooth. Taste and add salt and pepper as desired. Set aside.

Brown Beef: While potatoes boil, pat beef dry with paper towel. Heat 1 teaspoon olive oil in a medium high-sided ovenproof pan over medium-high heat. When oil is shimmering, add beef. Season with .5 teaspoon salt and pepper as desired. Cook, breaking up, until browned, 3-5 minutes. Using a slotted spoon, transfer to a bowl and set aside.

Season Beef:

Wipe pan from beef clean and add 1 tablespoon olive oil over medium-high heat. When oil is shimmering, add carrot, parsnips, and onion and sauté, stirring, until softened, about 5 minutes. Stir in tomato paste and browned beef and cook, stirring, until flavors are melded, 2-3 minutes. Season with .25 teaspoon salt and pepper as desired.

Make Gravy:

Reduce heat under pan to medium, sprinkle over flour, and cook, stirring, until flour is no longer visible, about 1 minute. Add Worcestershire sauce and chicken stock and cook, stirring, until thickened, about 3 minutes more. Remove pan from heat.

Bake Shepherd's Pie:

Spread mashed potatoes over beef in an even layer. Transfer pan to oven and bake until lightly browned on top, about 5 minutes. Remove and sprinkle over chives.

Plate:

Enjoy your shepherd's pie family-style while it's hot.

MARCH IS NATIONAL CRAFT MONTH



During National Craft Month, crafters get creative with their supplies. Artisans set to work on a design, and different craftspeople put their skills together to bring an idea to life. With a broad range of crafts to choose from, National Craft Month inspires all kinds of mediums. From paper and wood to fabrics, paint and metal craft, the month is dedicated to creativity and inspiration. Whatever motivates you, take your craft from idea to reality this month. If you've only been thinking about learning, sign up for a class.

Learning a craft offers many benefits. **Expressing one's creativity**

provides stress relief and can lower blood pressure much like meditation. There's natural positive reinforcement from learning a new skill. With each new step learned, the satisfaction from gaining the skill is rewarding. Most crafts require fine motor skills.

Crafting with a group becomes a social event. Gather with friends and complete a larger project or several smaller ones. Making items for charity, such as blankets for premature babies or activity bags for the children of veterans, makes your efforts that much more valuable. **When creativity becomes stress relieving and generous, it fills the soul.**

HOW TO OBSERVE

Get crafting! Grab your scissors or break out the welder. It doesn't matter what your specialty is. Just be inspired.

Craft Projects Using Dollar Tree Items

BUTTERFLY WREATH

Set your heart aflutter with a wreath you can craft using supplies from the dollar store. Combine a grapevine wreath, artificial ivy vines, and small decorative butterflies to create a colorful wreath for your front porch.



BASKET FULL OF PANSIES

This basket full of pansies is so easy to put together, plus it's fresh and bright... perfect for hanging on walls, front doors, and more! Here are the items you'll need (all items can be purchased at any dollar store.)

- Floral Foam
- 2 Silk Pansy Bushes
- 1 Silk Ivy Bush
- Hanging Wall Basket
- Wire-Edged Ribbon
- Wire Cutters



Easy Step-by-Step Directions:

- Cut the corners of the floral foam so that it fits snug into the top of the basket.
- Using wire cutters, cut the pansy stems from the bushes and push them into the floral foam evenly spaced, creating a symmetrical arrangement of blossoms. Fill in with stems of ivy.
- Cut a piece of ribbon and glue around the top of the basket. Tie a simple bow and glue to the front of the basket.



News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Tameka Frierson is our Employee Spotlight of the Month. Tameka is the House Supervisor at Parkside House. She has been at Central State for 14 years!!! Tamika appreciates how Central State is willing to help people with employment and how they give second

chances! Her favorite workplace memory is when she worked at Richfield and went on a picnic. She enjoys listening to blues music.

Her favorite quote is the serenity prayer.

On her next vacation she will be going on a cruise and getting married. Congratulations!!!

Tamika has three grandbabies, one child, and loving brothers and sisters! And not to mention a GREAT MOM!

GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE;
COURAGE
TO CHANGE THE
THINGS I CAN; AND
WISDOM
TO KNOW THE
DIFFERENCE.



MARCH



- March 1 **Payday**
- March 5 **Mardi Gras—Fat Tuesday**
- March 10 **Daylight Savings-Spring Ahead**
- March 14 **National Pie Day—3.14**
- March 15 **Ides of March**
- March 15 **Payday**
- March 17 **St. Patrick's Day**
- March 29 **Payday**



HOME NEWS



- ◆ We have a new home opening in Dewitt this April!
- ◆ We are happy to announce that we have been awarded a contract with Lapeer County for a new home. This will be the only specialized home in the county, and we are excited to have been chosen for this opportunity. Currently we are in the beginning stages of the process, and will be purchasing a home to meet the needs of the people that will be living there.

