



### OFFICE INFORMATION

Judy Kujoth - RCAC Director  
Lynn Borchert - Manager  
Jenna Milz - Assistant Manager  
Dan Wagner - Weekend Leasing  
Ron Blanchard - Maintenance  
Mandy Brummond - Housekeeping  
Connie Reynolds - Breakfast

### AFTER-HOURS EMERGENCY:

Toll Free 866.244.6722

### OFFICE HOURS

Monday - Friday: 9:00 am - 5:00 pm  
Saturday & Sunday: 10:00 am - 4:00 pm

[www.hylandpark.com](http://www.hylandpark.com)

# Hyland Park

## A Mature Community

5440 Caddis Bend. • Fitchburg, WI 53711

608.270.9200

March 2010

### *Dear Hyland Park Residents,*

As you are reading this, the RCAC program development is well underway. RCAC stands for Residential Care Apartment Complex. The beauty of this program is that it promotes an active, healthy lifestyle, yet provides just the right amount of individual support to allow each tenant to attain or maintain their safest level of independent wellbeing. It is a brilliant alternative to assisted living and nursing homes.

If you would like more information on how the RCAC program may benefit you, or would just like to meet, feel free to call me at 270-9200 extension 401. I look forward to hearing from you!

*Judy Kujoth, CWS, NHA*  
*RCAC Director*

### **Resident Events**

- Please attend the **Resident Meeting** that will be held on Thurs., March 4th, at 9 am in the Bistro.
- Make your feet feel fantastic by joining us for the **free Foot Clinic** that is being held on Wed. March 10th, from 9 am to 11 am in the Wellness Center.
- Show your neighbors your cooking skills by attending the **Potluck dinner** that will be taking place on Thurs. March 11th, at 5:30 pm in the Bistro!
- **Take out dinner** is going to be held on Thurs. March 25th, at 5:30 pm in the Bistro. Suggestions are welcomed!

### **Monthly Reminders:**

Rent is due on the 1st and late on the 4th.

### **A Pot Of Gold**

Refer a friend, relative or co-worker to our community and you will receive a **\$200 rent concession** when they move in!

### **A Toast to our March Birthdays**

03/05 - Nancy Lewellyn  
03/10 - Jeff Fuller  
03/12 - Floyd Grothman  
03/13 - Art Baldwin  
03/16 - Orvil Liljequist  
03/24 - Denise Neath  
03/31 - Frank Allen

Hyland Park wants to help celebrate your March birthdays by buying your dinner so sign up and dinner is on us! Dinner will be held on Thurs. March 18th, at 5:30 pm in the Bistro. Dinner will be catered by BrouxNellies followed by musical entertainment. All residents are encouraged to come and celebrate their fellow resident's birthdays!

### **WiFi**

Wireless Internet (WiFi) is a great new feature that Hyland Park is providing to our residents so please come and join us on Tues., March 2nd, at 10 am in the Bistro for an informational presentation on WiFi.

### **Don't Forget!!**

On March 14th, Daylight Saving Time begins at 2 am around the country, except for Arizona. Clocks will be turned forward to give all of us an extra hour of sunlight.

# Modernize Your Apartment

Give your living room a face-lift with a modern room design that's affordable. Here's how:

## 1. Solid Color Vases

on your end tables or coffee table, will give your living room a modern look. Bright colors work great and can compliment your furniture nicely. Put bright colored, fresh flowers in your vase.



## 2. Add Mirrors

Look at living room pictures in home magazines to see the various types of mirrors to buy. Paint the wood or other encasement on the mirror to match the living room decor.

## 3. Artwork

The more abstract the artwork, the more modern your living room will look.

## 4. Mix and Match

Contrary to how you may have been taught, you don't want to match everything in your living room. Try putting yellow pillows with a green couch. Put a purple vase on a metallic end table. You don't want to make your living room look wild, but having different vibrant colors is what helps to make a modern living room decorative.

## 5. Textured Area Rugs

Don't forget about your floors when you're thinking about living room decoration ideas. Whether you have hardwood floors or carpets, you can use a textured area rug to make your living room decor stand out.



Visit [ohmyapt.apartmentratings.com](http://ohmyapt.apartmentratings.com) for more great apartment decorating ideas!

# Sudoku

						1		8
		6						
	9				2	6	5	7
1				3	9			
		4				8		
			4	1				5
4	6	5	3				1	
						3		
9		8						

Puzzle courtesy of [krazydad.com](http://krazydad.com)

4	4	4	4	4	4	4	4	4
7	2	1	6	5	4	3	8	9
8	9	8	7	6	5	4	3	2
2	3	4	5	6	7	8	9	1
3	7	4	5	2	6	9	1	8
9	1	7	2	3	4	5	6	8
5	2	8	9	1	4	7	6	3
8	3	1	4	2	9	5	7	6
2	1	7	8	5	9	4	3	6
5	4	7	9	6	3	1	2	8

Sudoku Solution

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

# Delicious Recipes

## Prosciutto Wrapped Asparagus



### INGREDIENTS

- ½ pound prosciutto, sliced
- ½ (8 ounce) package Neufchatel cheese, softened
- 12 spears fresh asparagus, trimmed

### DIRECTIONS

1. Preheat oven to 450 degrees F (230 degrees C).
2. Spread prosciutto slices with Neufchatel cheese. Wrap slices around 2 or 3 asparagus spears. Arrange wrapped spears in a single layer on a medium baking sheet.
3. Bake 15 minutes in the preheated oven, until asparagus is tender.

### INGREDIENTS

- 1 cup nonfat dry milk powder
- 1 cup powdered non-dairy creamer
- 1 cup French vanilla flavored powdered non-dairy creamer
- 2 ½ cups white sugar
- 1 ½ cups unsweetened instant tea
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground cardamom

### DIRECTIONS

1. In a large bowl, combine milk powder, non-dairy creamer, vanilla flavored creamer, sugar and instant tea. Stir in ginger, cinnamon, cloves and cardamom. In a blender or food processor, blend 1 cup at a time, until mixture is the consistency of fine powder.
2. To serve: Stir 2 heaping tablespoons Chai tea mixture into a mug of hot water.

## Chai Tea Mix

