

# NORGARD NEWS

1807 GERVAIS COURT - MAPLEWOOD MN 55109

APARTMENTS  
AVAILABLE  
NOW!  
INQUIRE AT  
THE OFFICE.



NORGARD  
COURT  
APARTMENTS...  
AN AMAZING  
PLACE TO  
LIVE!

## REMINDER

### Garage Parking

Please make sure your vehicle is inside the yellow pillars. If your parked vehicle is sticking out past the pillars you will need to pull further in to your designated parking spot

## FUN STUFF

### Resident Gardens

We have some open garden plots for this upcoming season. If you are interested, please see Amy in the office. These are free of charge and a great way to grow your own flowers, or vegetables.

## UPDATE

### Caution

Always be cautious when walking outside. We do our best to keep sidewalks and lot salted, but it can still be slippery.



## MIKE & JANE PERFORMANCE

Complimentary lunch served with purchase of performance. Only \$6 per person. Sign up today at the 1<sup>st</sup> floor bulletin board.

Thursday March 6<sup>th</sup> 12 noon

## Saint Patrick's day

Treats and entertainment

Tuesday March 17<sup>th</sup> at 11am



## BIRTHDAY BASH

MARCH 11<sup>TH</sup> 1PM

Cake & Ice Cream in the Community Room

9<sup>th</sup> Marlyn #206  
 10<sup>th</sup> Jan #306  
 17<sup>th</sup> Doug #219  
 22<sup>nd</sup> Phyllis #317  
 23<sup>rd</sup> Audrey #205  
 25<sup>th</sup> Mary Lou #209  
 27<sup>th</sup> Zach #304



### CALL BOX REMINDER

Visitors must use the keypad outside the front door to contact you to be "buzzed in" They cannot call you from their cell phone.

Your visitor can look you up on the directory, or dial your apartment number.

When someone contacts you to be let in the building from the keypad you must press the 9 button to grant them access.

We do NOT allow anyone access that is not personally coming to visit you.

If someone contacts you for entry and you do not know them simply hang up or let them know you will not allow them entry.

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If you are in the lobby please do NOT open the door for visitors, other than delivery drivers.

Please do not open the door and ask people: "Who are you here to see?"

Visitors have instructions in the vestibule on how to use our call box so they can contact that individual directly.

# Benefits of a Pedicure



## • They prevent infections

There are a few ways you can get infections in your feet. If you don't moisturize on a regular basis, the dry skin on your feet is more prone to infection because cracks form in the skin more easily. Additionally, the clipping, cleaning, and cutting of toenails that takes place during pedicures prevents the nails from growing inward and causing an infection.

## They promote circulation

During a pedicure, you receive a massage of your feet and lower legs. The massaging helps promote the circulation of your blood. Increased blood circulation can prevent things like pain, arthritis, and varicose veins. Healthy blood flow also helps evenly distribute heat throughout your body. Finally, increased blood flow can help your lymph nodes clear toxins out of your body.

## They improve nail health

Speaking of blood flow, pedicures increase blood flow in your nails as well. Not only does the buffing make your nails shiny and tidy, it can increase the flow of nutrients that would otherwise be unavailable to your nails.

## They promote mental health

Finally, pedicures help promote your mental health. Just like massages, pedicures can help reduce stress. Stress is known as the "silent killer" because it is the root cause of so many illnesses and diseases that people experience. Pedicures are very relaxing, putting your mind at ease. Pedicures can also boost your confidence because they make your feet look great, so mental health benefits in that category as well.

Both men and women can benefit from this service. Call Michelle today to make an appointment for your pedicure at our Norgard Beauty Shop.

### SHEPPARDS PIE

#### INGREDIENTS FOR POTATOES

1 1/2 lb.  
potatoes, peeled  
Kosher salt  
4 tbsp.  
melted butter  
1/4 c.  
milk  
1/4 c.  
sour cream



© Can Stock Photo

Freshly ground black pepper

#### FOR BEEF MIXTURE

1 tbsp.  
extra-virgin olive oil  
1 large onion, chopped  
2 carrots, peeled and chopped  
2 cloves garlic, minced  
1 tsp. fresh thyme  
1 1/2 lb. ground beef  
1 c. frozen peas  
1 c. frozen corn  
2 tbsp. all-purpose flour  
2/3 c. low-sodium chicken broth  
1 tbsp.  
freshly chopped parsley, for garnish

Preheat oven to 400°.

Pedicure \$28

By Michelle

At the Norgard Salon

Scheduling: (651)387-0219



### SHEPPARD'S PE DIRECTIONS

**Make mashed potatoes:** In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return to pot. Use a potato masher to mash potatoes until smooth. Add melted butter, milk, and sour cream. Mash together until fully incorporated, then season with salt and pepper. Set aside.

**Make beef mixture:** In a large, ovenproof skillet over medium heat, heat oil. Add onion, carrots, garlic, and thyme and cook until fragrant and softened, 5 minutes. Add ground beef and cook until no longer pink, 5 minutes more. Drain fat. Stir in frozen peas and corn and cook until warmed through, 3 minutes more. Season with salt and pepper. Sprinkle meat with flour and stir to evenly distribute. Cook 1 minute more and add chicken broth. Bring to a simmer and let mixture thicken slightly, 5 minutes. Top beef mixture with an even layer of mashed potatoes and bake until there is very little liquid visible and mashed potatoes are golden, about 20 minutes. Broil if desired. Garnish with parsley before serving.