

March 2023

GREENEBUCS

Newsletter



What do you call a fake Irish diamond?
A shamrock!
Why did the leprechaun go outside?
To sit on his paddy-O!.

Mission

Our club's mission is to provide help, and support for people/children with disabilities throughout our community.

Welcome Welcome Welcome !

We have 2 new members: Krista and Scott Siens.

Important Dates to Remember

March 11th 10 AM

March 12th 1 PM

Bike build at Therapy Connections. Tools provided. Don't know how to build a bike? I'm sure you know how to open boxes.

March 15th 6 PM

Monthly meeting at the Lofino Center. Too many things happening for you to not make this meeting.

April 28th & 29th

Mid State Regional Conference. All Greenebucs members should plan on attending.

May 21st

Blessing of the Bikes. This is a good fundraising event for the Beaver Creek Moose that we benefit from.

June 23rd

Social at the Frazee. The Menu. Tickets are \$5.00. See Louise for tickets. I still have tickets left. First come first serve.

AUGUST 1-5

NATIONAL CONVENTION LOUISVILLE KENTUCKY

It's only a 2 ½ drive from Beaver Creek. It will be the best time and also reinforce why you are an AMBUCS.

Saint Patrick's Day Is March 17th - Remember to Wear Your Green!

St. Patrick's Day observes the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.



Reuben Crescent Bake

Ingredients:

- 2 tubes (8 ounces each) refrigerated crescent rolls
 - 1 pound sliced Swiss cheese
 - 1-1/4 pounds sliced deli corned beef
 - 1 can (14 ounces) sauerkraut, rinsed and well drained
 - 2/3 cup Thousand Island salad dressing
 - 1 egg white, lightly beaten
 - 3 teaspoons caraway seeds
1. Unroll one tube of crescent dough into one long rectangle; seal seams and perforations. Press onto the bottom of a greased 13-in. x 9-in. baking dish. Bake at 375° for 8-10 minutes or until golden brown. Layer with half of the cheese and all of the corned beef. Combine sauerkraut and salad dressing; spread over beef. Top with remaining cheese. On a lightly floured surface, press or roll second tube of crescent dough into a 13-in. x 9-in. rectangle, sealing seams and perforations. Place over cheese. Brush with egg white; sprinkle with caraway seeds. Bake for 12-16 minutes or until heated through and crust is golden brown. Let stand for 5 minutes before cutting.

Yield: 8 servings.



Scholarship Program

Since 1955, National AMBUCS, Inc. has awarded scholarships to students pursuing degrees in physical therapy, occupational therapy, speech language pathology and hearing audiology. To date, more than \$9.8 million in scholarships have been awarded to over 16,500 students.

Eligibility: Students must be US citizens accepted in a graduate-level program that is accredited by the appropriate therapy profession authority in physical therapy, occupational therapy, speech language pathology, or hearing audiology. Assistant or undergraduate programs are not eligible. Awards are based on financial need, commitment to local community, character for compassion and integrity, and career objectives.

Chapter Sponsorship: Applications sponsored by a volunteer chapter of AMBUCS receive priority consideration. Find your local AMBUCS chapter.

Over \$200,000 is awarded annually with individual awards ranging from \$600 to \$1,500. There is one two-year award in the amount of \$6,000. Award monies are deposited into the student's credit account with the financial aid office of the educational institution.

National AMBUCS, Inc. accepts applications for its scholarship program from February 1 at 5:00 pm ET until May 1 at 11:59 pm ET, annually.

VOLUNTEERING

It's clear the benefits of volunteering are huge – improved physical and mental health, new friends and avoiding loneliness, a sense of purpose and deeper self-confidence. In turn, *all* of these things will help to boost your overall happiness: a win-win situation for all involved.

If you're considering volunteering, ask yourself a few questions before taking the plunge.

- Firstly, really think about which causes you're passionate about – it means you're more likely to enjoy and stay committed to the work.
- Secondly, are you looking for regular volunteering opportunities or would you prefer a one-off project?
- Thirdly, what skill set can you offer and what can you hope to gain from volunteering?

Good luck when you finally get going, and make sure you have fun – volunteering is important – the benefits are clear – but it's important to enjoy it too!

Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in the world all of your own."

~Albert Schweitzer

Julia Hall is the winner of February Newsletter contest. She won a gift card to Longhorn Steakhouse. You too can win the newsletter contest. Be the first to call or text Julia with the phrase "I really enjoy being in Greenebucs" You must be present at the March meeting then to claim your prize.

If you have any comments or suggestions please e-mail, text or call Louise Gibson. louisegibson@greenebucs.org