

GRASP Newsletter

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hello March!

Make Your Home Sparkle

Parts of the country may still be in a deep freeze, but spring sprouts this month. Consider getting your spring cleaning done now so you can enjoy the outdoors when the sun is shining and the birds are singing.

Here are a few tips to make the process go smoother:

Declutter first.

There will be less stuff to clean, you'll have room to work, and you'll be able to reach areas that the clutter was covering.

Plan ahead. Make sure you have the supplies you need so you don't run out in the middle of your cleaning frenzy. Assemble the items in a caddy or

bucket that you can carry from room to room. Suggested supplies include: gloves, all-purpose spray cleaner, paper towel, scrub brush, microfiber cloths, trash bags, glass cleaner and carpet stain remover.



Make it fun. Open your window if the weather allows, put on some upbeat music, and have your favorite snacks on hand.

Follow a routine. Start with the ceiling and work your way down. A vacuum with a hose is best for tackling cobwebs and dust on ceilings, fans and light

fixtures. Clean walls and windows next. Then dust your furniture and other items before vacuuming and mopping floors.

Don't forget. Some spots that tend to get overlooked are baseboards, doorknobs, light switches, heating vents and wastebaskets.

Harnett County Happenings:

- ◆ Saturday, March 17th is **St. Patrick's Day.**



- ◆ Tuesday, March 20th is the first day of Spring.
- ◆ **The Volunteer Income Tax Assistance Program** will be offering free tax assistance for the elderly and disabled in Lillington, Erwin, and Coats. Please contact the Department on Aging at 910-893-7578 for more information about this program.
- ◆ **Lillington Community Blood Drive** sponsored by Harnett County Public Health & Harnett County RSVP is scheduled for Thursday, May 10, 2018 from 1:00 pm -5:30 pm. Please contact LeAnn Blackmon at 910-814-6071 for more information or to schedule your appointment.

Baked Chicken Strips

These Baked Chicken Fingers supply 30 percent of the brain-boosting iron that kids 4 to 8 need daily.

INGREDIENTS

- 4 skinless, boneless chicken breasts, pounded thin and cut into 20 strips
- 2 egg whites, lightly beaten
- 1 cup bread crumbs
- Barbecue sauce and/or honey mustard



MAKE IT

1. Dip chicken breast strips in egg whites and then in bread crumbs to completely cover.
2. Place chicken in nonstick baking pan, and bake until golden, about 20 to 25 minutes.
3. When chicken is cool enough to handle, serve with desired dipping sauce. Makes 4 servings (5 pieces each).

Next Meeting

Our next meeting will be held **Tuesday, March 20, 2018** at 11:00 a.m. at the Harnett County Division on Aging, Kitchen Area. Our guest speaker will be **Adrian Standish**, Family Advocate with Lee Harnett Family Support Community Collaboration Program. She will come speak about ADHD in children. Light refreshments will be provided. Please call Latorius Adams at (910) 814-6075 for more information.