March is Spring Fling Month

Spring forward with some fun facts:

1. The first day of Spring is Friday, March 20th
2. Spring is known as the re-birth of plants and harvest when everything starts to bloom and grow.
3. Daylight savings time occurs at different times around the world. Here we will set our clocks forward by one hour on Sunday March 8th, at 2:00AM.
4. Spring fever is a real syndrome. After a long winter, spring comes and temperature rise. For some, this change causes a dilation of the blood vessels. The dilated vessels allow blood to be carried to the body surface where heat can be lost quickly. As a result people experience an energetic boost.
Recipe of the Month

Irish Soda Bread

Ingredients:
- 4 cups all-purpose flour
- 4 tablespoons granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine (melted)
- 1 cup buttermilk
- 1 egg
- 1/4 cup melted butter
- 1/4 cup buttermilk

Directions:
1. Preheat oven to 375 degrees F. Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Purim March 5, 2015

The festival of Purim commemorates the rescue of the Jewish people in ancient Persia. Every year Purim is celebrated on the 14th of the Hebrew month of Adar.

Purim Traditions:

Exchanging gifts & food: Shalach Manot means to send portion, or gift baskets of food. Traditionally Jews send Purim gifts filled with ready-to-eat treats, including Hamantaschen, the delicious fruit or chocolate filled traditional triangular cookie that represents Haman’s three-pointed heart, as well as an assortment of gourmet treats including chocolates to wine.

Eating a festive meal: At the close of the Purim celebration, Jews everywhere enjoy a meal together. It is a lively and spirited celebration and one of the few where Jews are told to eat, drink & live it up.

Palm Sunday 3/29

Palm Sunday is observed among many Christian churches as part of Holy Week in the United States. Palm leaves symbolize victory and joy among many Christians in the United States. Our Lady of Good Counsel will be at our community to distribute communion and palms to anyone that wishes to participate.

Anniversary of the Oreo Cookie

Twist, lick, dunk. How do you eat your Oreo cookie? It was March 6, 1912, that the National Biscuit Company sold the first Oreo sandwich cookies to a Hoboken, NJ grocer. Believe it or not there are 22 Oreo Cookie flavors. The original is always delicious but on Friday, March 6, 2015, the Recreation Department will be holding an Oreo Tasting for all of you Oreo lovers at our Happy Hour at 3:30PM in the main lobby! Come join us for a taste of some new flavors!
Resident of the Month

Ruth Stanton

Ruth was born on April 27, 1929 into a large family of ten in Woodlyn, Pennsylvania. She grew up the youngest of four brothers and three sisters. Some of her fondest memories revolve around her childhood, spending time playing outside or sledding in the snow in the winter. During the summer months, she spent her time at her family’s beach house at the Jersey Shore. In 1949, at the age of 19, Ruthie worked at the Railroad in Philadelphia as a secretary. It was there that she met her late husband William Stanton. Their first date was at the Union Bowling Banquet and from there the rest is history. They were engaged on Ruthie’s birthday and married in the next year on September 12, 1950. As a family, they traveled to Ireland, Oregon, and other states. They enjoyed the life they lived together with their son Jim. Till this day, Ruthie’s son Jimmy is the biggest part of her life. Ruthie continues to be a very active person, and participates in cooking, flower arranging and book club activities to mention a few.

Girl Scouts Day

March 12, 2015

Girl Scout Cookies are an icon of American culture. They were founded in 1912. For nearly 100 years, Girl Scouts, with the enthusiastic support of their families, have helped ensure the success of the annual sale. From its earliest beginnings to its current popularity, selling Girl Scout Cookies has helped girls have fun, develop valuable life skills, and make their communities a better place.

International Woman’s Day-3/8/15

The 2015 Theme: MAKE IT HAPPEN

All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality.

Each year International Women's Day (IWD) is celebrated on March 8. The first International Women's Day was held in 1911. Thousands of events occur to mark the economic, political and social achievements of women. Organizations, governments, charities, educational institutions, women's groups, corporations and the media celebrate the day.
Wedding Watch

We are still seven months away from Jenna and Tara saying their respective I dos, and our countdown continues. According to modernbrides.com October is the new May or “it” month for weddings. So our ladies are on trend with their Sunday October 11, 2015 wedding date. For any of you that are new to this newsletter, both Jenna (Recreation Director) and Tara (Admissions Director) are getting married on the same Sunday!

Tara's Completed Items:
- Dress, Venue, Photographer,
- DJ, & Flowers

Jenna's Completed Items:
- Dress, Venue, Photographer,
- DJ, Bridesmaids dresses, &
- honeymoon booked

“Spring is nature’s way of saying, “let’s party!”” – Robin Williams

Every year on March 17, millions of people dress themselves up in green attire, hold big parades and drink lots of beer, all in the name of an old Irish saint. More than 100 St Patrick’s Day parades are held every year in the United States. The biggest celebrations are in New York City and Boston.

Something you may not know:

The color of Saint Patrick was blue not green.

A particular blue hue was known as St. Patrick blue and for hundreds of years it was this blue that was associated with the holiday. However, green became the dominant color of St Patrick’s day over time as the holiday was used to highlight Irish nationalism against British rule in the 1790s. Now, the color green is often associated with the other more poetic name for Ireland, the Emerald Isles.

BlackDog's St. Pat's Word Search Game

- Saint Patrick
- Irish
- Blarney
- Blessing
- Brogue
- Elves
- Emerald
- Gold
- Green
- Ireland
- Leprechaun
- Limerick
- Luck
- Magic
- March
- Parade
- Rainbow
- Shamrock
- Wish

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