

MARCHING TO A HEALTHY BEAT



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



MARCH BIRTHDAYS

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Gary Von Hof ~ March 6th
Sue Hagen ~ March 14th
Virginia Borough ~ March 19th
Elena Whipple ~ March 21st

Liza Minnelli (Actress/singer) – March 12, 1946
 Albert Einstein (Scientist) – March 14, 1879
 Jerry Lewis (Actor) – March 16, 1926
 Marcel Marceau (Mime) – March 22, 1923
 Aretha Franklin (Singer) – March 25, 1942
 Warren Beatty (Actor) – March 30, 1937

MARDI GRAS INTERESTING FACTS



A Surprise Inside;

The doughy pastry known as king cake is the traditional Mardi Gras treat. The person who finds the hidden plastic baby in their slice is supposed to have good luck all year and is responsible for bringing the king cake to the next party.

The Mardi Gras beads thrown to the public used to be made of glass but are now primarily made of plastic. The city estimates around 25 million pounds of beads get thrown into the streets each year. After clogged storm drains that caused excess flooding, the city cleared the drains of 46 tons of beads! To prevent this from happening again, the city installed "gutter buddies" on drains to keep them bead-free. The masks are worn to allow people to "escape society and class constraints." It is required by law for people on floats to be wearing masks!



ADVENT SQUARE

4798 N. DIXIE HWY. BOCA RATON, FL 33431 WWW.ADVENTSQUARE.ORG OFFICE@ADVENTSQUARE.ORG

TEAM

CECILIA CARROLL
EXECUTIVE DIRECTOR

*

DONNA FORNUTO
RESIDENT ENGAGEMENT &
ACTIVITIES COORDINATOR

*

MICHELLE GARNER, LPN
NURSE MANAGER, ALF

*

FRANKIE BUSTOS
MASTER CHEF

*

MARIA FERNANDA SUAREZ
MASTER CHEF

*

PASTOR:

DR. ANDREW HAGEN,
CHAPLAIN
SR. PASTOR, ADVENT
LIFE MINISTRIES

*

OFFICE HOURS

MONDAY – SATURDAY

9:00 AM – 4:30 PM

SUNDAYS & EVENINGS

BY APPOINTMENT ONLY

*

IMPORTANT PHONE NUMBERS;

OFFICE 561-391-7207

CECILIA CARROLL 561-617-3561

ADVENT CHURCH 561-395-3632

KITCHEN 561-948-1724

* FIRE / MEDICAL EMERGENCY:

911

DEAR RESIDENTS & FAMILIES:

OUR TRIP TO BUTTERFLY WORLD WAS A BEAUTIFUL DAY AND LOTS OF FUN! THANK YOU TO RITA GUGLIELMO, LOIS MORROW, SUE HAGEN & RICHARD BELK FOR YOUR PARTICIPATION, SMILES & LAUGHTER. PICTURES TO FOLLOW IN THE APRIL NEWSLETTER.

A TRIP IS PLANNED TO THE BOCA RATON GARDEN CLUB ON MARCH 21ST AT 10:00 A.M. FOR THEIR "TRASH-TO-TREASURES SALE". PLEASE SIGN UP IN THE ACTIVITIES ROOM IF YOU WOULD LIKE TO GO.

PLEASE NOTE ON YOUR CALENDARS, THE DIFFERENT EXERCISE PROGRAMS OFFERED ON MONDAYS, WEDNESDAYS & FRIDAYS IN THE ACTIVITIES ROOM. TOGETHER WE CAN STRENGTHEN OUR MUSCLES, IMPROVING OUR BALANCE AND REDUCE THE RISK OF A FALL. EXERCISE MAKES YOU LOOK AND FEEL YOUNGER! I SHOULD PROBABLY JOIN YOU AND TAKE MY OWN ADVISE!

UPCOMING MARCH 2025 ACTIVITIES:

MARCH 5TH @ 9:00 AM ~ ASH WEDNESDAY ~ PASTOR ANDY WILL BE DISTRIBUTING ASHES IN THE DINING ROOM IN PREPARATION FOR THE SEASON OF LENT.

MARCH 5TH @ 2:00 PM ~ COME JOIN US IN THE ACTIVITY ROOM HOSTED BY SUE HAGEN, DESIGNING YOUR OWN EASTER CARDS FOR FAMILY MEMBERS.

MARCH 11TH @ 10:00 AM ~ ST. PATRICK'S DAY CRAFTING  JOIN US IN THE ACTIVITY ROOM FOR AN IRISH THEMED PROJECT. AN IRISH DESSERT & COFFEE WILL BE SERVED ALSO. LÉIRÍONN SPÓRA (LET'S HAVE FUN!)

MARCH 18TH @ 10:00 AM ~ WE WILL BE PLANTING FLOWERS INTO POTS UNDER THE GAZEBO. NO GREEN THUMB REQUIRED!

MARCH 18TH @ 2:00 PM ~ ICE CREAM SOCIAL IN THE DINING ROOM. WE WILL BE SERVING ICE CREAM SUNDAES WITH ALL THE TOPPINGS! NEXT MONTH WE WILL PLAN A TRIP TO THE LOCAL ICE CREAM SHOP.

MARCH 26TH @ 2:00 PM ~ PLEASE SIGN-UP IN THE ACTIVITY ROOM IF YOU WOULD LIKE TO TAKE A TRIP TO PUBLIX. THOSE WHO CANNOT MAKE THE TRIP AND NEED CERTAIN ITEMS, JUST GIVE ME YOUR LIST AND I WILL BE HAPPY TO PICK THEM UP FOR YOU!

PLEASE CHECK YOUR CALENDARS DAILY FOR OTHER ACTIVITIES AND EVENTS PLANNED. THANK YOU!

Warm Regards, Donna

EVERYDAY SHAKESPEARE

In his play *Julius Caesar*, William Shakespeare warned, “Beware the Ides of March” (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world’s schoolchildren. For many, the writings of Shakespeare are

remembered as difficult, mandatory high school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

- “Wild goose chase” (*Romeo and Juliet*)
- “Seen better days” (*As You Like It*)
- “Off with his head.” (*Richard III*)
- “Good riddance.” (*Troilus and Cressida*)
- “Knock, knock! Who’s there?” (*Macbeth*)
- “Break the ice.” (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

PAWS ON THE TRAIL

Mushers begin the “Last Great Race” across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means “distant place.” It’s the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren’t the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

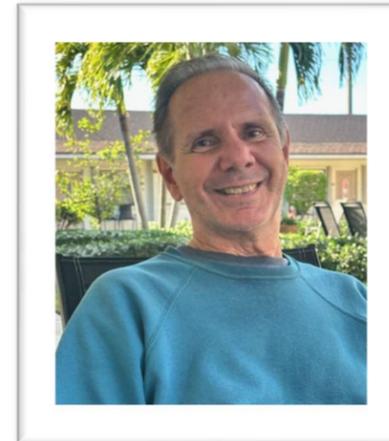
A TALE OF TWO NAMES



Istanbul or Constantinople? The largest city in Turkey has struggled with its name for centuries. The Greek colonist Byzas founded the city as Byzantium around 700 BC. It was renamed Constantinople in AD 330, when Roman emperor

Constantine made it the capital of the Roman Empire. The name persisted until 1453, when the city was overtaken by the Ottoman Turks and renamed Istanbul. Yet most Turks, even in an official capacity, referred to the city as *Kostantiniyye*—which many still confused with Constantinople. It wasn’t until March 28, 1930, that the Turkish Postal Service decreed it would no longer send mail to any place addressed as Constantinople. It has been Istanbul ever since.

“RESIDENT SPOTLIGHT” PAUL MIODINI



Paul is of Italian descent born in Manhattan, NY. Paul went to Christ The King High School then graduated from Queens College earning his Bachelor of Science Degree in Communications. Paul worked all through college at Macy’s as a supervisor to help pay for his college degree.

Paul then worked for Eastern Airlines at various positions and was intrigued by aviation. In 1977, Paul earned his Private Pilot’s License and has flown many hours in small planes visiting his sister in Connecticut and upstate NY.

Paul’s favorite sports are handball, Tennis, Football and working out at the gym. He loves cars, of which he owned a 1968 Firebird! Paul moved to Florida in 2010 to escape the winters and is very content living here at Advent Square.



“Lucky” Four-Leaf Clovers are real—but rare

Although common three-leaf clovers are most closely associated with the saint and his holiday, much ado has been made about “lucky” four-leaf clovers. Vincent Pennetti, a doctoral student at the University of Georgia’s College of Agricultural and Environmental Sciences, told the associated press that it takes a recessive trait to develop a fourth leaf, so although the plants are rare, they’re real.

BARBIE BEYOND THE BOX



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children.

While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.