

The Great Coffee vs. Sleep Debate

*(A Completely Unbiased Investigation
Conducted at 6:12 a.m.)*



There are two kinds of people in this world: those who wake up naturally refreshed... and those who stare at their alarm clock like it has personally betrayed them. If you are reading this before 9 a.m., there's a high probability you are fueled by coffee. Not just "had a cup" coffee. We're talking "emotionally supported by coffee" coffee. Let's break it down.

Round 1: The Alarm Clock

The alarm goes off.

You hit snooze.

It goes off again.

You negotiate with it.

Somewhere, a productivity expert is saying, "Win the morning!" Meanwhile, you're trying to remember what year it is. Enter coffee.

Round 2: The First Sip

That first sip of coffee is less of a drink and more of a resurrection. Scientists may call it caffeine. We call it hope.

Suddenly:

- Emails seem manageable.*
- Meetings seem survivable.*
- That ambitious to-do list feels... mildly less terrifying.*

You transform from "Why is life?" to "Let's circle back."

Round 3: The Midday Plot Twist

Around 2:17 p.m., something mysterious happens.

Energy disappears. Focus wanders. You consider a new life as a lighthouse keeper.

* MARCH BIRTHDAYS*

HAPPY BIRTHDAY & MANY BLESSINGS;



Kay Londeree ~ March 18th

Elena Whipple ~ March 21st

Daniel Germain ~ March 28th

And just like that, you're holding another cup, whispering, "This is the last one," like it's a dramatic season finale.

This is where the debate intensifies. Sleep: "You could have gone to bed earlier." Coffee: "Or... hear me out... we double down."

The Real Winner

Here's the twist: it's not coffee or sleep that wins. It's routine. . .

- The comfort of a morning ritual.*
- The quiet five minutes before the day begins.*
- The familiar mug that somehow makes everything feel manageable. Maybe the real magic isn't caffeine.*

Maybe it's that small daily pause that says, "Okay. We can do this."

(But let's not get reckless. It's Mostly caffeine!)

MARCH 2026



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:

PASTOR AARON KRUSE
EXECUTIVE PASTOR

*

OFFICE HOURS

MONDAY – SATURDAY

8:30 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 and Families:

It is with a heavy heart that I share the news of my upcoming departure from Advent Square. While I am excited for my next chapter, saying goodbye to all of you is incredibly difficult. Over the past two years, you haven't just been "Residents" to me—you have become like family.

Thank you for letting me be a part of your stories. You have taught me about resilience, joy, and the importance of a good laugh! Though I am moving on to a new role, I carry with me the memories of our time together. I will truly miss you.

I wish you all continued health, happiness, and many more wonderful activities ahead.

With much love and gratitude, Donna ❤️

UPCOMING MARCH 2026 ACTIVITIES:

MARCH 3rd @ 2:00 PM ~ ENJOY ROLLING PIGS-IN-A-BLANKET WITH MELTED CHEESE AND MUSTARD. MEET IN THE DINING ROOM.

MARCH 4th @ 2:00 PM ~ HAND PAINT ROCKS WITH SEVERAL PRINTED IDEAS TO CHOOSE FROM. PLEASE JOIN US & BE ARTISTICALLY CREATIVE. THANK YOU!

MARCH 17th @ 10:00 AM ~ A SPECIAL VISIT FROM PERSONAL PONIES. DON'T MISS THE CHANCE TO INTERACT WITH THESE MINI PONIES AND EXPERIENCE EQUINE THERAPY. PLEASE SHOW YOUR SUPPORT.

MARCH 17th @ 2:00 PM ~ LET'S CELEBRATE IRISH TRADITION & MAKE IRISH SODA BREAD FOR ST. PATRICK'S DAY.

MARCH 18th @ 10:00 AM ~ CELEBRATE ST. PATRICK'S DAY ALONG WITH OUR MARCH BIRTHDAY CELEBRATIONS. ENTERTAINMENT BY CRAIG ZINGER, A SIX FOOT GREEN LEPRECHAUN!

MARCH 24th @ 10:00 AM ~ LET'S MAKE A DELICIOUS AND COLORFUL FRUIT SALAD TO ENJOY WITH YOUR LUNCH.

MARCH 20th @ 2:00 PM ~ ICE CREAM SOCIAL, YOUR MOST PLEASANT TREAT! PLEASE KNOW, WE HAVE NON-DAIRY AND SUGAR FREE ICE CREAM ALSO, FOR THOSE WHO ARE RESTRICTED.

MARCH 27th @ 3:00 PM ~ TRAVEL TIME WITH KIM & RAMONA TO DENMARK. YOUTUBE VIDEOS SHOW THIS BEAUTIFUL COUNTRY.

Warm Regards, Donna

The Shoebox Secret

*A touching story about patience and
A long-lasting marriage.*

A couple had been married for over 60 years and shared everything—except for a shoebox the wife kept at the top of her closet. She told her husband never to open it or ask about it. One day, she fell ill, and they decided it was time to reveal the secret. When the husband opened the box, he found two beautifully crocheted doilies and a stack of cash totaling \$25,000.

"When we were married," she explained, "my grandmother told me the secret to a happy marriage was never to argue. She said if I ever got angry with you, I should just keep quiet and crochet a doily." The husband was moved to tears—there were only two doilies in the box after 60 years! "But what about the \$25,000?" he asked. She smiled and said, "Oh, that's the money I made from selling all the other doilies."

In Praise of the Belly Laugh

A true belly laugh is one of life's most underrated triumphs. It doesn't care about your job title, your deadlines, or your carefully maintained composure. It ambushes you—starting as a polite chuckle and escalating into shoulder-shaking, tear-wiping chaos.

There's a precise moment when you lose all dignity: the silent gasp, the table slap, the wheeze that sounds medically concerning. And somehow, that loss of control feels magnificent.

Shared laughter is social glue. One uncontrollable fit can bond people faster than months of small talk. Comedy greats like Jim Carrey and Tina Fey understand that timing plus surprise equals magic. Even characters like Michael Scott from *The Office* remind us that awkwardness is comedy's secret fuel.



Celebrate St. Patrick's Day (a day later)
on Wednesday, March 18th at 2:00 pm
In the Dining Room!

Craig Zinger, Pianist and Vocalist
will be entertaining you
with his Specialty Irish Show,
Performing Irish Jigs, Jokes & Fun!

We will also be Celebrating
Our Residents with
March Birthdays.

Be there or be square!
"Irish treats will be served."

A belly laugh is also rebellion. For those breathless seconds, anxiety can't reach you. Your brain resets. Your muscles unclench. Your problems shrink to anecdote size.

It may not solve everything—but it makes everything easier to face.

So here's to laughing so hard you forget what you were worried about... and possibly how chairs work.



The Tragedy of My Diet

I woke up strong. I felt inspired.
Today, I said, I'd be admired.
No sugar. No chips. No late-night bites.
Just veggies, water, virtuous heights.
At breakfast time I flexed my will.
Oatmeal. Plain. Emotionally still.
I chewed like someone chasing dreams.
I whispered, "Health is how it seems."
At 10 a.m. a voice appeared.
Soft. Persuasive. Slightly weird.
"Just one cookie," it gently said.
"For focus. For... brain fuel." (It read?)
I argued back. "No! I'm reborn!"
The cookie stared. Golden. Warm.
It didn't blink. It didn't move.
It simply radiated groove. I ate it.
But WAIT — I said — that's not defeat!
That cookie was a gateway treat.
A stepping stone. A tiny crumb.
A warm-up act. A practice run.
At lunch I chose a salad bowl.
I felt in charge. In full control.
Until I saw — across the room —
A burger glowing like the moon.
It sizzled. Slow. Dramatic flair.
Wind machine flowing through its... air.
Cheese cascading down its side.
Tomato doing a confident slide.
My salad wilted. Quiet. Sad.
It knew the power that beef patty had.
I ate the burger. By 3 p.m. I felt regret.
But then I saw a donut set.
Round. Sugared. Perfectly plump.
It winked at me. I felt the thump.
"Life is short," it seemed to sing.
"You deserve this frosted ring."
Who am I to argue fate?
I ate the donut. It was great.
Dinner came. I swore reform.
A grilled fish plate. Clean. Conform.
But someone said the words "ice cream,"
And discipline fled the scene.
By night I lay in crumb-filled grace,
Determination out of place.
My diet lasted half a day.
Which honestly? Is pretty okay.
For tomorrow rises fresh and bright,
And I will try with A noble heart...
Until lunch time!

*A Very Special Visit
From "Person Ponies"
Smiles & Pony Magic!*



*March 17th at 10:00 a.m.
This is a paid event ~
Please show your support
Thank You!*

St. Patrick's Day



From Solemn Feast to Global Party

Originally, March 17 was a religious feast day in Ireland—quiet, reflective, and centered on church services and family meals.

That changed dramatically in the diaspora. Irish immigrants in the United States turned the day into a bold public celebration of identity. The first St. Patrick's Day parade wasn't in Ireland—it was in New York City in 1762. Today, that parade is one of the largest in the world. Meanwhile, in Chicago, the river famously runs green each year—a tradition that began in 1962 and remains one of the holiday's most photographed spectacles.