

March 2025

Holland Village

Independent Living, Personal Care & Memory Care | 280 Middle Hollad Rd. | 215-396-7150 |



Management Team

Samuel Smith
Executive Director

Laura Ferry
Director of Nursing

Cathy Hemphill
PC Administrator

Traci Brennan, CRNP
Nurse Practitioner

Cherrie Danese, LPN
Wellness Nurse

Debbie Finsel
PC Clinical Manager

Kristen Burbridge Curry
Director of Rehabilitation

Helmut Bye
Director of Operations

David Mozzoni
Director of Culinary Services

Deb Genco
Director of Sales & Marketing-IL

Esther Nicolas
Director of Community Life

Megan Tanuis
Business Office Manager

Glenroy Channer
Director of Housekeeping

TBA
Chaplain

TBA
Director of Sales & Marketing-PC

A March Through Egypt's Charms

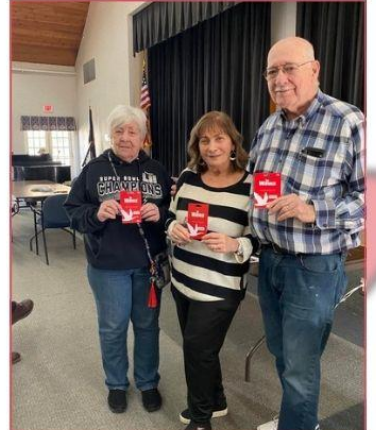
March in Egypt brings more than warm sun and ancient wonders—it offers a celestial showstopper. On March 19, during the spring equinox, the Great Sphinx of Giza steals the spotlight as the sun sets perfectly on its shoulder, creating a moment of alignment that is both awe-inspiring and steeped in ancient precision. This phenomenon occurs only twice a year, in March and September, showcasing the sphinx's extraordinary positioning.

The equinox itself is a time of balance, when Earth's hemispheres receive equal sunlight, making day and night the same length. For the sphinx, carved from limestone bedrock and likely modeled after Pharaoh Khafre, it's an ideal occasion to bask in the sun—a cosmic nod to its enduring role as a guardian of Egypt's ancient secrets and astronomical knowledge.

March often coincides with Ramadan, a deeply spiritual time for Muslims in Egypt and worldwide. While days are quiet as people fast, evenings are vibrant with shared meals, colorful lanterns, and a communal spirit. The festive atmosphere often spills into the streets, where vendors offer traditional treats like *kunafa*, a sweet, nutty pastry, and *qatayef*, a pancake stuffed with nuts that is fried and dunked in syrup. Hospitality shines, and visitors are warmly welcomed to experience the unique blend of reflection and celebration.

For travelers, Egypt in spring offers more than history and spirituality. Strolling through Cairo's bustling markets or gliding down the Nile in a traditional felucca boat feels like stepping into an adventure novel. Whether marveling at pyramids or sipping mint tea in the shade, Egypt charms with its timeless appeal. The season's pleasant weather is perfect for exploring Luxor's temples or wandering through the Valley of the Kings without the intensity of summer's heat. The scent of blooming jasmine and the lively sounds of bustling streets remind you that Egypt's vibrant present is as captivating as its ancient past.

February



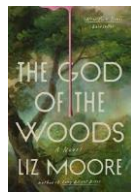
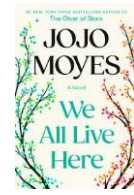
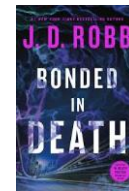
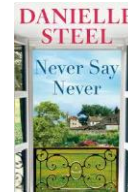
Library News

Barbara Stackhouse

In February the library ordered 5 new books. All are popular authors and are in large print. This month we also ordered Bill Gates' new memoir "Source Code".

We All Live Here by Jojo Moyes
Never Say Never by Danielle Steel
Bonded in Death by J. D. Robb
The God of the Woods by Liz Moore was ordered for our Book Club.

Available



Welcome, Committee

Barbara Stackhouse

A fun and lively welcome breakfast was held on Wednesday, February 19 in the private dining room. Dave and friends cooked omelets and waffles for all. It was nice to meet and get to know a little about our new residents.

We are looking forward to welcoming a new resident, Angelica Canaletto, in March. She will be occupying apartment #1029.

Sippin' With Sam cocktail hour officially begins Friday, February 28th at 3:30 in the Fireside Lounge. Hope to see you there!

Donations to Grandma's Attic (Apt. 805) can be dropped off on Mondays between Noon and 1:30 p.m. The shop is also open Saturdays from 9 a.m. to Noon. Come in often, inventory is constantly changing. All proceeds go to the Residents' Association.

Resident Association Entertainment

Judy Polley

New "Fun Night Out" - Game Night: For those of you who have not yet joined us on Monday evenings for a fun 90+ minutes of games, please consider joining us. Presently, we have 1-2 tables of Rummikub and/or the card game Swoop running. The Rafterers, Anne and Tom, have taught a handful of us Swoop, an easy, fun card game. Rummikub is also easy to learn. In the cabinets down in Holland Hall, we also have lots of other board games, or you can choose to bring your own. Come down with your friends and neighbors to join in the fun: Holland Hall, 6:30 – 8:00ish p.m. See you there! Check your calendars for more fun activities throughout the month.

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.

Independent Residents:

Ann Walker	3/03
Charles Polley	3/05
Bridget Boyle	3/07
Carole Marshall	3/10
Charlotte Kothe	3/11
Elaine Jadney	3/16
Laura Vuotto	3/17
Bonnie Beairsto	3/24
Arlene Farese	3/24
Iris Grace	3/25
Mary Ann Logan	3/25
Jane Amico	3/26
Regina Belsky	3/27

Personal Care/Manor Residents

Patricia Carber	3/04
Philip Sorens	3/05
Jule Trapp	3/10
Patricia Morrin	3/22
Arthur Weicheld	3/23
Florie Craig	3/27

Celebrating the Mario Way



March 10, or rather **MAR10**, is Mario Day—a holiday for the fictitious Mario Bros. video-game plumbers. It's designated as such because **MAR10**

looks like **MARIO**. It also can be a day to celebrate the Marios in your life. Even if you don't know a Mario, you can still celebrate one. Cheer on racing legend Mario Andretti by watching highlights of his iconic career. Read a book by writers Mario Puzo or Mario Vargas Llosa. Grab a slice at Mario's pizzeria.

While the name Mario is most often associated with Italy, it is quite common in Germany, Spain, Bulgaria, Greece, Latin America, and America. It comes from the Roman name *Marius*, which derives from *Mars*, the Roman god of war. For those wanting to give the name Mario a more delicate and feminine touch, there is the name Maria, or should we say **MAR14**?