

# Brookside Beacon

Brookside Care Center \* 3506 Washington Road \* 262-653-3800

## March and April 2023

### Spanish Main

Visitors to Spain take pains to find a restaurant that serves delicious paella. This hearty mix of rice and meat or seafood is Spain's national dish and, for those who prepare it, a matter of national pride. Taste the dish on March 27, Spanish Paella Day, and you'll taste centuries of Spanish history. Paella originated in Valencia, the sunny locale sitting on the Mediterranean coast. Local lore tells of how the dish was a favorite of hungry farmworkers who tossed rice and whatever food they could find into a pan—roots, vegetables, scraps of meat, or even eel from a nearby stream—and cooked it over open fires. During the 19th century, it became fashionable for rich city folk to visit the seaside. These aristocrats brought the dish back to their kitchens where they introduced expensive ingredients like chicken and saffron, a spice that imparts paella with both its alluring golden color and earthy floral flavor. (Continued on page 2)

*"Springtime is the  
land awakening.  
The March winds are  
the morning yawn."*

### Celebrating March

**Purim Begins**  
March 6

**International  
Women's Day**  
March 8

**St. Patrick's Day**  
March 17

**Mothering Sunday**  
March 19

**Ramadan Begins**  
March 22

### Celebrating April

**April Fools' Day**  
April 1

**Passover**  
April 5-13

**Easter**  
April 9

**Earth Day**  
April 22



( Spanish Main continued) Saffron is considered an essential ingredient in any paella, and Spain takes pride in the cultivation of this rare and expensive spice. Saffron comes from the crocus flower. Its vivid crimson stigmas sprout from inside the petals like threads. These delicate threads can't be harvested by machine but must be handpicked, a process that

contributes to saffron's extravagant price. Saffron is not native to Spain but comes from Asia Minor and was introduced to Spain by Moorish conquerors in the 10th century. If one digs a bit deeper into the history of paella, it appears that this dish has Arab origins, too. Servants of the royal courts of Arabic Spain would take home lavish leftovers and add them to pans of rice. Some believe that the word paella derives from the Arabic word baqiyah, which means "leftovers." So how did this Moorish dish of Valencia become a symbol of Spain? It was dictator Francisco Franco's favorite dish. He declared it the official dish of Spain as part of his strategy to create a national identity.



## The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy. Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.



# Try to solve these Wacky Wordies (Answers on page 9)

1

FUSS  
nothing

2

ENERGY

3

*she's herself*

4

CLOHEADUDS

5

T  
2 2 2 2

6

IRISH

7

elevatro

8

oLD

9

STONE

10

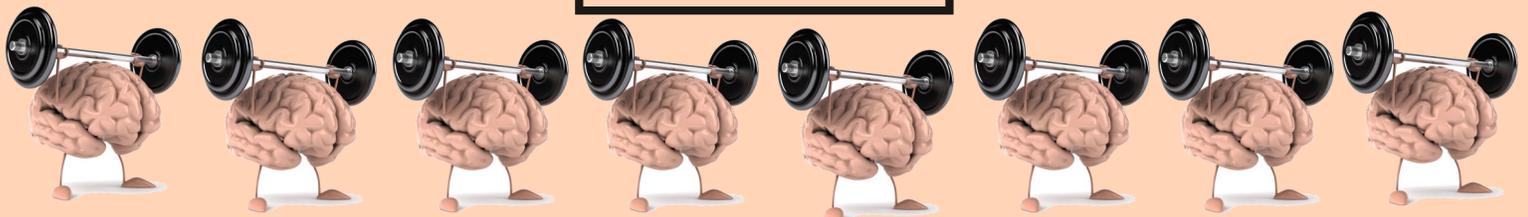
fevcaber

11

Gun Jr.

12

WAY



# Congratulations!

## March & April Anniversaries!

### March

Michele Johnson 30 Years CNA  
Diana Christofferson 20 Years Director of Admission /Marketing  
Patricia Kirkorian 12 Years Health Unit Coordinator  
George Rice 12 Year Maintenance  
Erika Delgado 11 Years CNA  
Debra Barlow 8 Years Environmental Services Worker  
Ojiugo Daniel 7 Years RN  
Jami Hoff 6 Years LPN  
Debra Sanders 6 Years LPN  
Lynda Bogdala 5 Years Administrator  
Tamara Cannon 5 Years Dietary  
Mckenzie Kozmer 4 Years CNA  
Kristin Wright 3 Years CNA  
Paul Miller 3 Years Environmental Services Worker  
Courtney Johnson 3 Years RN  
Olivia Moriarity 2 Years CNA  
Linda Hughes 2 Years CNA  
Caitlin Willet 2 Years Dietary  
Zyon Woods 1 Year CNA  
Rochelle Albertson 1 Year Dietary  
Brenda Gonzales 1 Year Dietary  
Michelle Moore 1 Year Environmental Services Worker

### April

Teri Lemay 38 Years Environmental Services Worker  
Jessica Jackl 16 Years Environmental Services Worker  
Saudia Rashid 13 Years Dietary  
Evelyn Boldon 10 Years CNA  
Nancy Liebroer 10 Years Health Unit Coordinator  
Teresa Loew 9 Years RN  
Mario Aguilar-Hernandez 7 Years CNA  
Inok Ryu 7 Years RN  
Timothy Lavota 5 Years LPN  
Danica Steinseifer 4 Years Admissions Coordinator  
Maryjoseph Acosta 2 Years CNA  
Megan Flasch 2 Years CNA  
Emily Meyer 2 Years CNA  
Sophia Bosco 1 Year CNA  
Alyssa Finch 1 Year CNA  
Alonso Gutierrez-Andrade 1 Year CNA

Thank  
you!!

Great  
Job!

We  
Love  
you!!

You're  
the  
Best!!



# Meet our Wonderful Staff!



**Meet Sierra Smith or SiSi!** Sierra is a billing specialist here at Brookside and she has been here for just about a year.

Sierra was born in West Allis, Wisconsin and she is an only child. As a child, Sierra loved being outdoors and playing with her friends... she really enjoyed swimming and still does to this day. Sierra went to college and received a bachelors degree from DeVry University.

Sierra is a single Mom and has a 7 year old daughter named Iyanna. Their family also includes 3 dogs... a pitbull, a Malshi, and a goldendoodle. Sierra's favorite hobby currently is working on 5D diamond paintings and she also wants to learn to knit. Here are more of Sierra's favorites:  
Color-pink & black  
Food when out-steak  
Ice Cream-strawberry  
Season-summer  
TV Show-All American  
Flower-rose  
Team-Green Bay



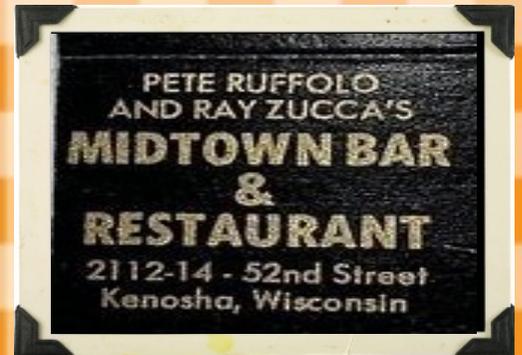
Places we used to go...  
Kenosha restaurants we miss



**Nino's Steakhouse**



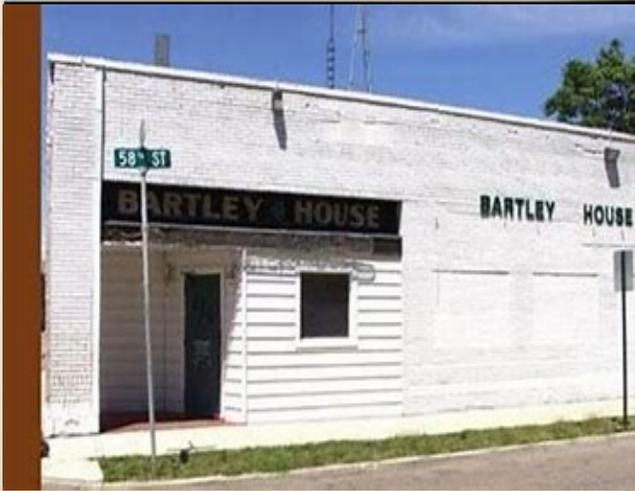
**Shakeys Pizza**



**Ray Radigan's**



**Ponderosa**



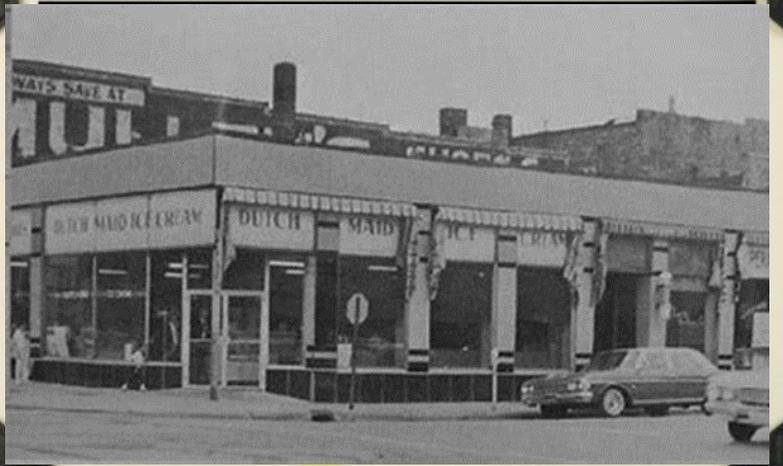
**Bartley House**



**Kilbourn Garden's**



**Stuckey's**



**Dutch Maid**



**Woolworth's**



**The Javelin**

Continued on page 9

ARE YOU FRIENDLY ?

DO YOU LIKE TO HELP ?

CAN YOU SPARE A FEW HOURS EACH WEEK ??

*We are looking for a few good  
volunteers to greet folks visiting  
their loved ones at  
Brookside and Willowbrook!*

Call u s

(262)653-3834

Email u s

[kathleen.stich@kenoshacounty.org](mailto:kathleen.stich@kenoshacounty.org)



**Sign for Greco's  
on 22nd Avenue**



**Ralph and his  
Mom, Rose**

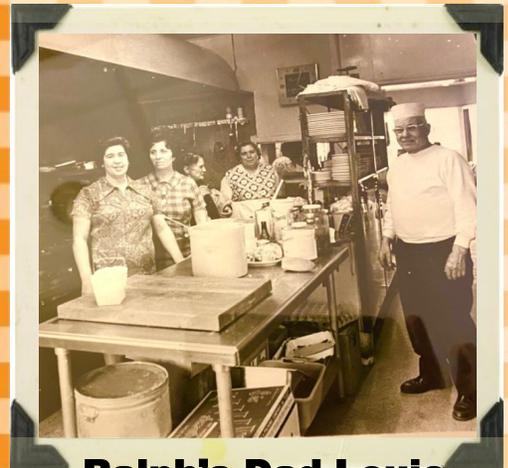
**We all remember  
Greco's restaurant  
that opened on 22nd  
Avenue in 1975 but  
do you remember  
1946 and the  
original Greco's?**

*"You could get 2  
eggs, potatoes,  
toast and coffee for  
45 cents.... a donut  
for a nickel, coffee  
for a nickel. How  
about a platter  
of spaghetti, 2  
meatballs, soup,  
salad and bread  
for .90 cents...or...  
prime rib for  
\$1.25!"*

**~Ralph Greco**



**Ralph Greco and his  
brother working the  
counter at the original  
Greco's.**



**Ralph's Dad-Louie-  
working with his staff**



## Wacky Wordie Answers from page 3

1. A big fuss over nothing
2. Low energy
3. She's beside herself
4. Head in the clouds
5. Tea for two
6. Irish dancing
7. Elevator out of order
8. Growing old
9. Cornerstone
10. Cabin fever
11. Son of a gun
12. Highway

## Happy March Birthday's

Gary J.  
Margaret K.  
Laura M.  
Ann M.  
Gloria P.  
Glen R.  
Miladin R.  
Jean S.  
Phyllis V.  
Kathleen W.

Have a Wonderful Day!

## Happy April Birthday's

Ellen B.  
Phyllis D.  
Patty I.  
Kay P.  
Janet P.

Have a Wonderful Day!!!



## Spring

"And fairy month of waking mirth  
From whom our joys ensue  
Thou early gladder of the earth  
Thrice welcome here anew  
With thee the bud unfolds to  
leaves  
The grass greens on the lea  
And flowers their tender boon  
receives  
To bloom and smile with thee."  
~ John Clare

## March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders.

**Rob Reiner (actor) – March 6, 1947**

**Lester Holt (journalist) – March 8, 1959**

**Nat King Cole (musician) – March 17, 1919**

**Vanessa Williams (singer) – March 18, 1963**

**Spike Lee (director) – March 20, 1957**

**Chaka Khan (singer) – March 23, 1953**

**Aretha Franklin (singer) – March 25, 1942**

**Eric Clapton (musician) – March 30, 1945**

## April Birthdays

In astrology, those born from April 1–19 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

**Marvin Gaye (singer) – April 2, 1939**

**Eddie Murphy (comedian) – April 3, 1961**

**Maya Angelou (poet) – April 4, 1928**

**Billie Holiday (singer) – April 7, 1915**

**Omar Sharif (actor) – April 10, 1932**

**Al Green (singer) – April 13, 1946**

**Kareem Abdul-Jabbar (athlete) – April 16, 1947**

**Jack Nicholson (actor) – April 22, 1937**

**Ella Fitzgerald (singer) – April 25, 1917**

**Carol Burnett (comedienne) – April 26, 1933**