

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

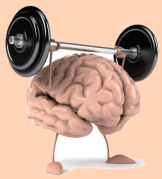
contributes to saffron's extravagant price. Saffron is not native to Spain but comes from Asia Minor and was introduced to Spain by Moorish conquerors in the 10th century. If one digs a bit deeper into the history of paella, it appears that this dish has Arab origins, too. Servants of the royal courts 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

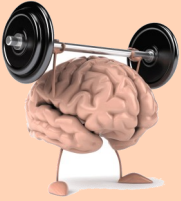
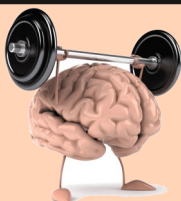
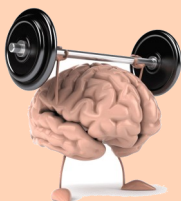
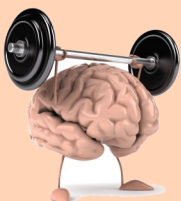
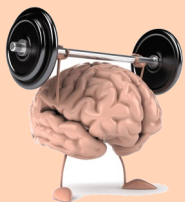
fevcaber

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

Thank
you!!

Great
Job!

We
Love
you!!

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 Liefbroer 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

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.

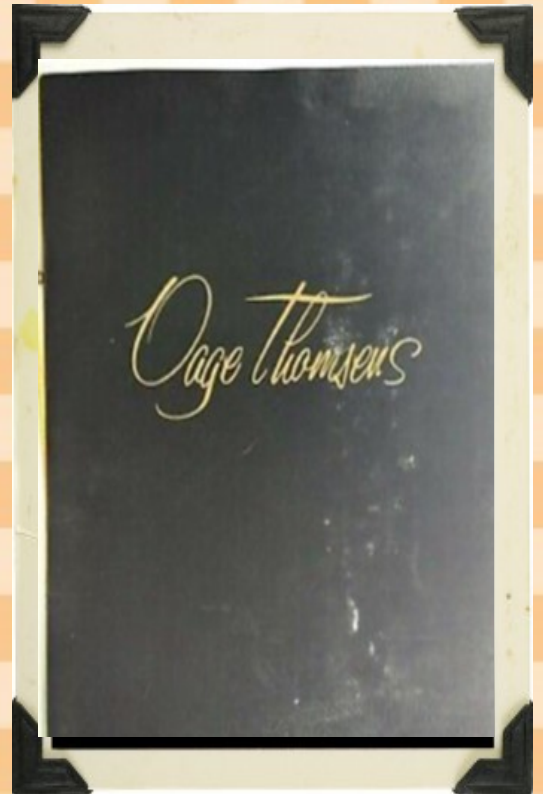
Sierra is a single Mom and has a 7 year old daughter named Iyanna. Their family also includes 3 dogs... a pitbull, a Malshi, and a goldendoodle. Sierra's favorite hobby currently is working on 5D diamond paintings and she also wants to learn to knit. Here are more of Sierra's favorites:
Color-pink & 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



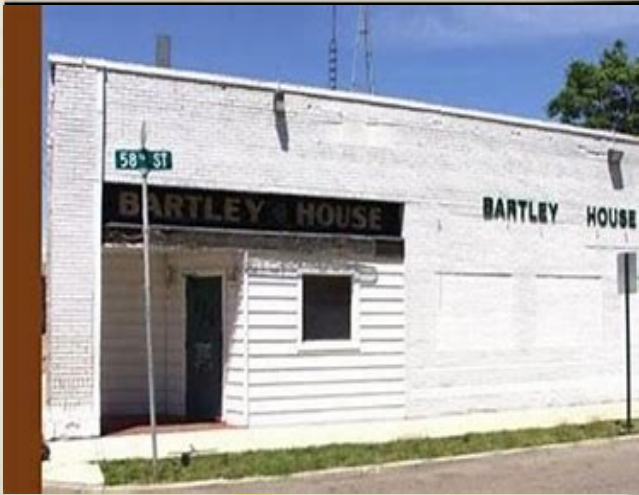
Shakeys Pizza



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



**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!"**

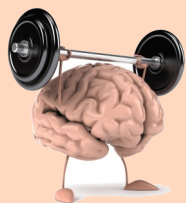
~Ralph Greco



**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