

March 2023

# DevonHouse Herald

DevonHouse Senior Living | 1930 Bevin Drive Allentown PA | 610 967-1100



## Celebrating March

**Painting Class**  
*March 3<sup>rd</sup> 6pm*

**Lehigh Valley Therapy Dogs**  
*March 6<sup>th</sup> 1pm*

**Music – Michael Kropp**  
*March 8<sup>th</sup> 2pm*

**Cookies for Cancer Bake Sale**  
*March 10<sup>th</sup> 2-4pm*

**Music – 99Stringz**  
*March 11<sup>th</sup> 2pm*

**O’Grady Quinlin Irish Dancers**  
*March 13<sup>th</sup> 6:30 pm*

**Music – Terry Kane**  
*March 14<sup>th</sup> 2pm*

**Music – Danny Rae**  
*March 17<sup>th</sup> 6:30 pm*

**Macungie Minstrelaires**  
*March 20<sup>th</sup> 7 pm*

**Music – Steve Walker**  
*March 21<sup>st</sup> 2pm*

**DJ Spinners Dance Party**  
*March 24<sup>th</sup> 2-4pm*

**Music – Hunter O’Neill**  
*March 25<sup>th</sup> 2pm*

**Music – Paul Romero**  
*March 28<sup>th</sup> 2pm*

**Music – Dave Marchetti**  
*March 31<sup>st</sup> 6:30 pm*

## 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.

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 cannot 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.

## St. Patrick's Day Festivities

We are kicking off St. Patrick's Day week

**Monday** with local dancers from the O'Grady



Quinlin Academy of Irish Dance. Join us in the living room at 6:30pm March 13<sup>th</sup>. Come early for a good seat. Space is limited.

**Tuesday** March 14<sup>th</sup> Terry Kane will entertain us with Irish tunes at 2pm in the living room.

**Wednesday** is our St. Patrick's Day Bingo. Green themed prizes are sponsored by Promedica Hospice.

**Thursday's** craft class will feature a Shamrock craft. It's a surprise, so come out to see what all the crafting fun is about!

**Friday** the 17<sup>th</sup> the dining room will be serving traditional Irish fare at the evening mealtimes. Corned beef and cabbage will be featured. The DH Lounge will open at 6:30 pm. Welcome new musical performer Danny Rae. Hors d'oeuvres and refreshments will be served.

### The Power of Parks



After being stuck in the house all winter, stretch your legs on March 30, Take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and

again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air, but they offer tranquil retreats for visitors.

**WALKING CLUB MEETS DAILY 11AM & 3:30PM**

## March Resident Birthdays

- 3/8 John Bodisch
- 3/22 John Stoeckel
- 3/23 Al Korutz
- 3/27 Betty Markle



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.

## Cookies for Kids' Cancer

We are hosting our annual cookie sale, which benefits pediatric cancer research.

***Come visit us  
in the living room  
Friday March 10<sup>th</sup> from 2-4 pm.***

Giant cookies will be \$1 each. Flavor choices will be chocolate chunk and oatmeal raisin.

All proceeds raised will be matched. Resident volunteer cashiers needed.

