



# GLENBROOK FRIENDS & FAMILY NEWSLETTER

March 2026

February **all STAR**

## Vintage Ice Cream Truck Day



The Activities Team at GlenBrook always has the most fun ways to engage our Residents! In February, we were visited by a fully-restored, vintage ice cream truck! The Residents lined up outside to get themselves a sweet, cold ice cream bar in the bright & beautiful Carlsbad sunshine.



MARTHA ROCA

Part of what makes GlenBrook a “Great Place To Work” is the incentive to be an AllSTAR employee! Every month, staff is encouraged to nominate & recognize one AllSTAR among us who has exemplified teamwork & excellent service to our Residents. Congrats Martha!!

## National Reading Month

Did you know that March is National Reading Month? In honor of famed children’s author, Dr. Seuss, whose birthday is March 2, citizens & organizations across America are inspired to celebrate the privilege of reading. A great resource for our Residents who are vision-impaired is our weekly reading groups where a volunteer reads aloud. There are also fabulous apps where celebrities & gifted voice actors bring stories to life. For those who are physical book connoisseurs, Carlsbad & Encinitas both offer beautiful libraries that are less than 3 miles away from GlenBrook.

Whether it’s fiction or non-fiction, owned or borrowed, no matter how you celebrate, reading is a gift worth celebrating. When visiting a friend or Resident today, why not reminisce over a beloved story or enjoy a special walk down memory lane with your favorite Dr. Seuss book.



## Volunteer Highlight

*Music with Paul & Gary*



The true beauty of music is that it connects people - not just to others, but to their past experiences and current moments. At GlenBrook this holds especially true with our remarkable live entertainment. Paul & Gary’s soul & expertise make them Resident favorites. Whenever they perform, the AL Living Room is filled with music lovers tapping their feet & singing along. We are grateful for the talent this amazing duo shares at our facility.

## Fun Facts about St. Patty's Day

from ireland.com

### Why the 17 of March?

The date marks the saint's death. Patrick died in 461 in Saul, County Down. He is buried in the grounds of Down Cathedral in Downpatrick, County Down.

### When was the first parade?

The first St. Patrick's Day parade actually took place in Boston in the United States in 1737. Ireland's first parade was held in Waterford in 1903.

### Was St Patrick Irish?

No, he wasn't born in Ireland. He was thought to have originally come from either Wales or Scotland.

### Why do people wear green?

The color green is now synonymous with St. Patrick's Day and Irish pride but until the 19th century, the color associated with St. Patrick was actually blue.

### Why is St. Patrick associated with shamrocks?

According to legend, St. Patrick used the shamrock as a metaphor for the Holy Trinity when he first introduced Christianity to Ireland.

## Can you spot the 10 differences?



puzzle from dreamstime.com

## Phantom of the Opera



Residents were treated to a special night "at the theater" with fine dining, fancy dressing & a viewing of the Broadway classic "Phantom of the Opera." Our gifted Culinary Team treated the Residents to a steak dinner & decadent dessert as well as all the fine dining accoutrements. The Life Enrichment Team planned a very special evening that the Residents thoroughly enjoyed.



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