



ST. GEORGE

MARCH 2021

Villager

Spring is a time of rebirth, when nature shakes off the winter doldrums and begins showing off her bounty. What better month to celebrate the official beginning of springtime than March, with its St. Patrick's Day celebration, longer days and blossoming trees and flowers? In this issue, we give you a glimpse into some of the ways we're celebrating the season at St. George Village.

'Tis a Great Day to Be Irish

Ever wondered who St. Patrick was or why there's a holiday in his honor? According to history.com, Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the



Tom McDermott and Buddy Jones hoist a pint in the SGV Bistro pub.

fifth century. The Irish have observed this day as a religious holiday for over 1,000 years.

We love celebrating St. Patrick's Day here at the George, where everyone is Irish...well, for at least one day!



How About a Jig or Reel?

Our St. George Village entertainers are decked out for St. Patrick's Day! Pictured here are resident poet Julia Murphy, with Band-Aids members Doris Kim, Tom McDermott and Rose Brual. You can check out Tom and Doris' performance of the traditional Irish tune, "The Irish Washerwoman," on our Facebook page and YouTube channel.

Wide, Open Spaces

Here, John Adair and Harry and Emily Griffith, all neighbors on the same floor in the North Village, are pictured enjoying our new outdoor seating area. Located under the oak trees along the path leading from the front door of St. George Village down to Woodstock Rd., this welcoming space beckons friends and families to gather and have a visit. There's even a rock coffee table to provide space for beverages



Healthy Spring Eating: Spinach and Strawberries

Did you know that spinach provides more nutrients than any other food? Spinach is loaded with antioxidants, Vitamins K, C, A and E, lutein and iron, which can help protect us from osteoporosis, heart disease, colon cancer and arthritis, just to name a few. And then there are sweet, delectable strawberries, which pack a healthy punch of vitamin C and B9, manganese and potassium and have benefits for heart health and blood sugar control.



With luscious strawberries in season right now, it's a perfect time to share this recipe that partners them with fresh spinach and a flavorful dressing to create a healthy, tasty springtime recipe that's easy to put together.

Strawberry Spinach Salad (Serves 4-5)

Ingredients

- 1 (6-ounce) packages fresh baby spinach
- 1 pint fresh strawberries, sliced
- Bottled Sesame-Poppy Seed dressing
- Toppings: chopped cooked bacon, chopped fresh broccoli, blanched sugar snap peas, sliced red onion

Preparation

Combine baby spinach and strawberries in a large bowl; toss with 1/4 cup Sesame-Poppy Seed dressing just before serving. Serve with remaining dressing and desired toppings.



Human Resources Manager Suzanne Brown and residents Cynthia and Dick Hillman celebrate getting their final vaccinations against COVID-19.

We CRUSHED Covid-19!

On February 19th, St. George Village residents received their second dose of the Moderna vaccine. To go along with our "crush" theme, the decor of the day was orange, and residents were served ice cold cans of Orange Crush soft drink after they received their vaccines. We are excited to have reached this important milestone toward fully opening our community again.



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VILLAGE

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St. George Village is sponsored by Catholic Continuing Care Retirement Communities, Inc., and managed by Wesley Woods Senior Living, Inc., of Atlanta.

