



The Life Enrichment Center AT OYSTER BAY

GO GREEN!

Join us on March 15th for one of my favorite celebrations – St. Patrick’s Day! First, I pay homage to my two Irish grandmothers, and the rest of the day revolves around food - Irish soda bread, corned beef, shepherd’s pie and beer, all in moderation. Did you know that St. Patrick’s Day is celebrated in more countries than any other national festival?

Erin Go Bragh!

Green is also the color of the food of choice for seniors. “To age well, we must eat well,” says NPR columnist Allison Aubrey in her recent article citing a report from the *Memory and Aging Project*. The results from a recent study confirmed seniors who ate daily helpings of leafy green vegetables showed a slower rate of cognitive decline versus those who don’t. No surprise - eat more salads!

Going Green is the term for making environmentally responsible decisions to help preserve our resources and protect our planet. Last month the Center completed the final phase of our LED light conversion. We now proudly display our new Green Business Leader sticker from PSEG’s energy efficiency program.

Lastly, in one month our natural world will once again be flooded with the color Green. On March 20th a volunteer from The North Shore Land Alliance will present a program at the Center to educate us about their mission to protect and preserve local green spaces. They will be speaking about conservation and the dozens of programs they offer to educate the public and encourage people to get outdoors!

- March 6th at 11:15 A visit From Oyster Bay Town Supervisor Joseph Saladino
- March 13th at 11:15 Nutrition - “Power Up with Breakfast” from Cornell Cooperative Extension
(Funded by Nassau County Office of the Aging)
- March 15th St. Patrick’s Day Celebration - Irish Soda Bread contest, Entertainment, ticket req’d
- March 20th at 11:15 North Shore Land Alliance - Conservation, preservation and outdoor education
- March 29th Easter and Passover Celebration

Warmest regards for a Happy March,

- *Judy Palumbo, Executive Director*

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