

BROOKHOUSE BEACON

Monthly Newsletter

MARCH 2025

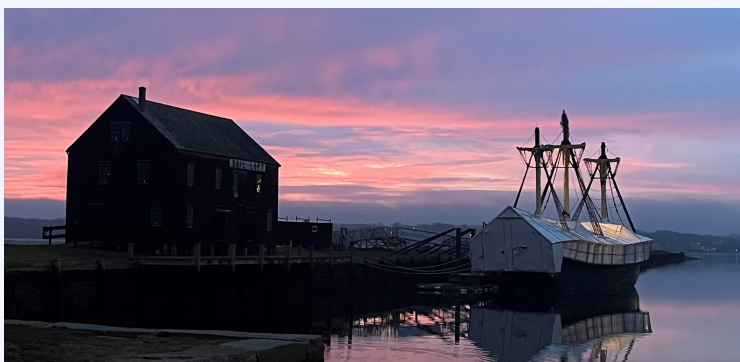
March Madness

Mardi Gras
Ash Wednesday
Daylight Savings
St. Patrick's Day
Spring Equinox

Named after the Roman God of War, March represents renewal & transformation. If you haven't followed through with New Year Resolutions, don't fret! March is the time for new beginnings and growth

Time To Unplug

March 1st is Global Day of Unplugging. In this fast-paced technological society we live in, this day is observed by unplugging from our smartphones, social media, technology. Sing in the shower, read a book, have conversations with your neighbors.



Experts recommend spending less than two hours per day on our phones, tablets, computers. Potential negative effects of too much screen time include: poor cognitive function, musculoskeletal issues, dry eye, and digital eye strain. With warm weather soon approaching, we will have the opportunity to get fresh air and spend time outside.



St. Patrick's Day History

Saint Patrick converted the pagan Irish to Christianity. He spent many years evangelising in the northern half of Ireland and converted thousands.

Patrick's efforts were eventually turned into an allegory in which he drove "snakes", heathen practices, out of Ireland, despite the fact that actual snakes were not known to inhabit the region.

Tradition holds that he died on 17 March and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

Today we have religious freedom, .1% of Ireland identifies as Pagan. In the United States, there are about 1.5 million Pagans (roughly .5% of the population).

Ash Wednesday is March 5th 2025, which marks the beginning of Lent. Many people, Christian or otherwise, will observe Lent with almsgiving, prayer, or by giving up something for the six week period between Ash Wednesday and Easter (also recognized as Ostara, Holi, or the Spring Equinox in other religions). Whether it's candy, soda, meat, or a behavior, what is something you would like to abstain from for Lent?

Mardi Gras



The very first American Mardi Gras took place in Mobile, Alabama in 1703. Celebrated by the French Settlers, Mardi Gras (or Fat Tuesday) was a time to feast before Lent began. In 1857, New Orleans had their very first Mardi Gras celebration and the Mardi Gras we know today was born.

We pass out beads for Mardi Gras because it's a long-standing tradition where parade riders throw small trinkets to the crowd as a way to share in the festive spirit, with the practice believed to have originated from the late 19th century when carnival kings would toss fake jewels to their supporters. Partygoers wore festive masks to the celebration to escape society and class constraints.

Exhibition at the PEM

During the Renaissance, the region known today as Flanders in Belgium was home to visionary artists who developed radically new ways to depict reality, portray humanity and tell stories that continue to resonate with viewers today. This exhibition, co-organized by the Denver Art Museum and The Phoebus Foundation, Antwerp, features rarely exhibited masterpieces by Peter Paul Rubens, Anthony van Dyck, Hans Memling, Jan Gossaert, Jan Brueghel, among many others.

PEM's presentation of this exhibition also recreates a 17th century cabinet of curiosities — or wunderkammer — filled with precious porcelain and lacquer, seashells, stuffed specimens of animals (including an ostrich) and rare antiquities.

As always, the Peabody Essex Museum is free for all Salem residents, if you would like to see the exhibition, please let a member of our recreation staff know.



CURATOR INTERVIEW

**Saints, Sinners, Lovers,
and Fools: 300 Years of
Flemish Masterworks**

PEM
Peabody Essex Museum



If These Walls Could Talk

Since 1861, Brookhouse Home has always been a safe haven for women. Throughout the booming Federalist years and turn of the century, Brookhouse offered housing to many women who were without family or needed some extra help with their daily tasks.

Here is a story about a past resident of Brookhouse as told by Julia, our Building & Grounds Director:

Years ago, we had a resident named Mary who was born and raised in Sherman Station, Maine (Arroscopic County) and she was one of 13 children.

As a young girl, she came to work at Brookhouse in the 1940's during World War II. At this time, staff were allowed to live in the home along with the residents, rooms were provided for support staff in the attic. It is believed that Mary worked in the kitchen.

Being just steps away from the bustling Derby Wharf, Mary met and married a sailor from Lynn named George in 1943. Together they raised four children.

After her children had all grown up, Mary worked for the General Electric plant in Lynn, she was a very active community member and had a real zest for life.

In later years, when Mary's children had grown and her husband had passed away, Mary came back to live at Brookhouse. She resided in room 308.

In 2014, Mary passed away at the age of 90. Through her passing, she and her family continued to support her community by raising donations for St. Mary's Regional High School in Lynn.



*The Custom House and Brookhouse pictured around the 1890s. This photograph is courtesy of the Salem Maritime National Historic Site. It is believed that Nathaniel Hawthorne wrote his best selling novel, *The Scarlet Letter*, inside the Custom House in 1849.*



MEMBER EVENT: GABLES MOVIE NIGHT | MARCH 21, 2025

Date: March 21 @ 6:30 pm - 8:30 pm

Enjoy a screening of the 2010 comedy, *Easy A*, starring Emma Stone, Amanda Bynes, Penn Badgley, Stanley Tucci, and Lisa Kudrow. This movie is an adaptation of Nathaniel Hawthorne's novel, *The Scarlett Letter*.

Synopsis: A high school student relies on the school's rumor mill to advance her social and financial standing. Soon, her story spreads across the entire school like wildfire. Rated PG-13. Movie snacks and candy will be provided free of charge. **Free** for all Gables members. This event takes place at The Gables' Visitor Center

Staff Highlight



Jeanie

Hi, my name is Jeanie and welcome to the laundry room! When I am not enthusiastically doing laundry for these 31 amazing residents here at Brookhouse, you can catch me at the gym getting my sweat on or in my kitchen whipping up a new vegan recipe in my tiny kitchen.

Connie

Hello, Connie here! I have been working for Brookhouse for several years and love it! I love to be the life of every party! I enjoy making authentic Italian cuisine, spending time with my two small dogs Lulu & Blue, dancing, shopping, and of course surrounding myself with my family and friends.



Dalton

Hello everyone! My name is Dalton and I was adopted when I was a baby from Guatemala and raised by my amazing mother. I've lived in Salem my whole life, I attended Salem High and graduated in 2017. I then attended Bridgewater State University and graduated in 2022 with a Bachelor in Science. My goal is to become a social worker in the future and become an advocate for the elderly. I plan to stay at Brookhouse for as long as I can because of you wonderful ladies. I'm very into makeup and a big dog lover.



Hello, Neighbor!

We have two new residents moving to Brookhouse! Sandy will be moving in to room 205, and Judith will be in room 302. Get to know your new neighbors, make them feel at home and within a thriving community. They are both very excited to be surrounded by so many wonderful people. Encourage them to join you for your favorite activities, share stories & memories, hang out and chat over coffee.

Wishing a very warm welcome to Sandy & Judith! - Brookhouse Staff & Residents

Resource Reminder

If you are looking for something to do outside of Brookhouse, the Salem Council On Aging has a full activities schedule and provides transportation.

If you are seeking transportation for an appointment or outing, COA can be of assistance.

Please speak with our nursing staff & our receptionist Kate who is here to help coordinate rides with you based on your needs!

Council On Aging

Telephone: (978) 744-0180

Witch City Taxi

Telephone: (978) 234-4044

MART ADA Paratransit Service

Telephone: (866) 834-9991



Our Pledge:

The Brookhouse Home is committed to providing quality supports to senior women, encouraging them to live active, satisfying lives both at home and within their community