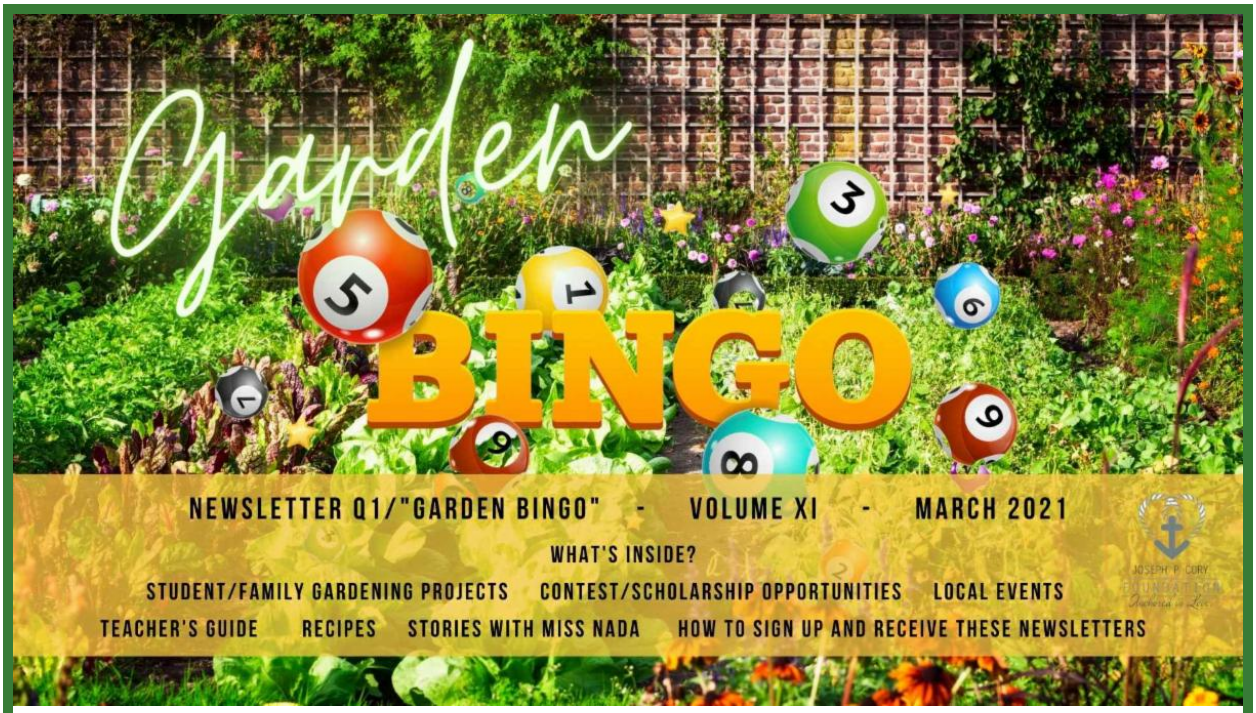


A Note from President and Founder
Nada Cory



Your Nose KNOWS!

When we started our journey together, I remember disclosing to our readers how my upbringing on a Croatian farmstead shaped the way I looked at natural remedies, and inspired me to help others find health and wellbeing through these and other avenues.

Aromatic oils were truly a blessing living in a remote countryside, and have been a part of human history for more than 3,500 years. They appear with regularity throughout all major civilizations down the ages, with uses ranging from religious ritual, food flavoring, medicines, perfumery and the masking of bad odors.

Prior to modern-day scientific tests, the properties of different plants would have been discovered very much through trial and error, and by observing animals instinctive knowledge about which plants to eat when sick. I know, that is where my education began! Such knowledge would have been passed on to succeeding generations, as it was to me, as part of a verbal tradition, eventually becoming the herbal medicine that we recognize today, and out of which aromatherapy developed.

I invite you to join us on March 18, 2021, for our newest “Your Health is Your Wealth” lecture, and experience first-hand, the healing and healthy properties in assorted essential oils, with our expert Sandra Bolognia. Come on, be "nosey", I promise it will be fun, educational, and relaxing, especially if we use too much lavender!

In good health,
Nada

Newsletter Sign Up HERE!

Announcing The 2021 "Grow it Forward" Scholarship

Our foundation is offering a total of $500, awarded to three students (Grand prize winner and First and Second runner ups) who either writes a short essay or creates a video (5 minutes or less) describing the following:

2021 Topic: How my gardening experience has impacted me/and or my family, and thus created better health and wellness. (For me/us)

The video may be any format. (MP4 preferred) All entries must be received by midnight on March 31, 2021. Judges will select the winning submission by April 9, 2021 and you will be notified through the contact information you have provided.

Winners routinely are invited to attend The School District Wellness Promotion Task Force Meeting at the Fulton-Holland Educational Services Center in April/May, to receive their award, however this year, alternate arrangements will be made to claim your prize.

The teachers of the winning students will also receive a gift card.

Print Contest PDF



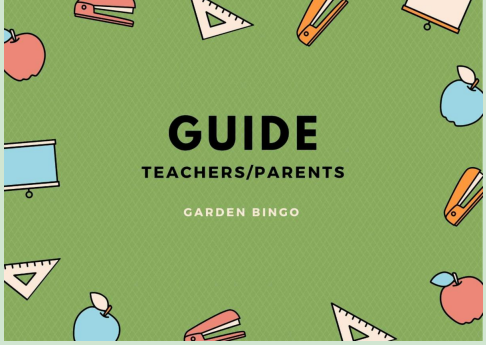
You may send, email, or upload your submissions in the following ways. Note: If a video file is too large to send via email, you may send a Drobox link or use WeTransfer.
Email: **Info@josephpcoryfoundation.org**
Please include the following information in your email: Name, Grade, Age, School Name, Teacher's Name, Email, Phone.

Address: 1281 N. Ocean Drive, Suite 18 Singer Island, FL 33404 Phone: 561-501-3538

"Lettuce" Share the News!



Hammock Pointe Elementary has already harvested items in their garden for an awesome healthy salad. Students were able to bring bags of lettuce and herbs home for their weekend meal. Thank you to teacher/garden club sponsors Holly Nilsen and Cari Gallagher.



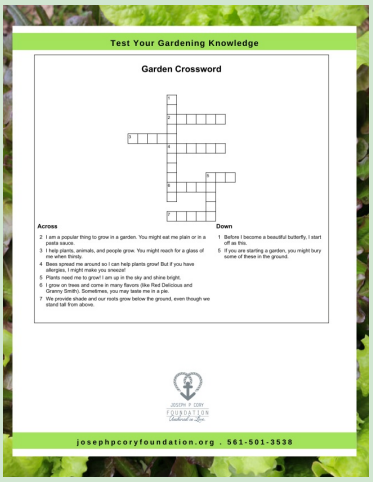
Teachers/Parents Guide



In Your Garden or the Market
Engage the Family with Fun and Games!



Grocery Store Bingo



Garden Crossword
Answers in the Teachers Guide



Garden BINGO

Find these items in the garden. Mark the ones that you find with an "X." Try to get five in a row! They can be across, down, or diagonally.

B	I	N	G	O
Eggplant	Ant	Scallions	Grass	Wagon
Weeds	Watering Can	Tomato	Butterfly	Dirt
Lizard	Teacher	FREE	Pepper (bell pepper or banana pepper)	Rake
Bucket	Bee	Gardening Glove	Wood	Kale
Lettuce	Beet	Hat (someone can be wearing it)	Your Friend	Cilantro

Garden Bingo
Rules in the Teachers Guide

Thank You Dental Healing Arts for Your GOH Sponsorship!

The Joseph P Cory Foundation in partnership with Jupiter Creamery, and its foundation, **Nourishing Food for Thought** revealed their **Lasagna Garden**, sign, which has been sponsored by the Doctors Fotek, o f **Dental Healing Arts, Jupiter** All parties share a mission, to educate and impact the community for optimal health and wellbeing.



To find out more about all our partners, click on their names, or visit their websites. If you wish to collaborate, donate, educate, or sponsor a garden, please contact the Joseph P Cory Foundation:**info@josephpcoryfoundation.org**

561-501-3538.



Yes, I want to become a Garden Sponsor in Schools and the Community!

Photo L-R: Dr. Ilona Fotek & Mrs. Nada Cory

Riverbend Park Farmstead hosted a "student" planting day!



Palm Beach County Parks and Recreation a nationally recognized Gold Medal Winner for excellence, has collaborated with the **Joseph P Cory Foundation's** Gardens of Hope program. Many of their most unique sites, have been locations, in which students and community members can get their "green on", and experience the joy of gardening, as well as gain knowledge regarding nutrition, cooking, and more. Both partners share a mission of health and wellbeing, and event attendees received just that.

The audience of 30 students, helped Founder and President Nada Cory, plant many beds full or herbs and vegetables. Other park leaders and volunteers assisted and shared their expertise and insights as to the Farmstead property itself, and implementation of "Ready, Set, Grow", one of the Foundation's lesson from

their **curricula.**



Meet Sandra Bolognia

Sandra will be speaking on March 18, 2021 at 10:00 am on behalf of the Joseph P Cory Foundation's lecture Series: "Your Health and Your Wealth". Join us for a fun, educational and engaging hour at beautiful Morikami Park. (Biwa Pavilion). Our topic is "Your Nose KNOWS", and attendees will have an opportunity to better understand the value of essential oils, many which can be homemade from your own Gardens of Hope. Limited space - reservations required. Click below for more info.



Sandra Bolognia

Health and Wellness Advisor

Health and Fitness

Sandra Bolognia is a wellness advocate, teacher, healer, artist, and spiritual coach. She finds joy guiding others in the process of self healing. Sandra is considered by many as a Renaissance Woman! She shares her wholistic methods: from her healing jewelry line to energy medicine, essential oils and the importance of incorporating lifestyle changes for your overall well being to people all over the world.

Click to Reserve a Spot





If you missed the "Think Like A Chef lecture in February, above is just one of the simple recipes that we prepared. You can also visit our Youtube page for demo videos.



Bo and Dona live in a place where nature is their playground and family is everything.
Join them and see where their adventures take them!



Erin K. is enjoying a "taste" of our Celebrity Chef Event. Join our "Your Health IS Your Wealth" Lectures at Palm Beach County Parks and Recreation

Lake Biwa is the perfect name for a **Palm Beach County Parks and Recreation** Pavilion; it truly is a shining pearl! Pease join us each third Thursday of the month at 10:00am. Guests are limited, so please make sure you register. candes1@ pbgov.org or 561.966.7033.

PALM BEACH COUNTY
PARKS & RECREATION



Spring is almost here, read "New Life on the Farm"





We Each Got Something We Love!



AmazonSmile Charity Button

Continue to receive this Newsletter and participate in our Gardens of Hope program for the school term. Win awards and scholarships, have fun...

Impact your MIND - BODY - SPIRIT



We're are going to need you when we get back to normal!



Volunteers and Garden Stewards will be needed, so please send them our way!

- Gardens of Hope
- Classrooms
- Events (yes, soon!)

Please click on our volunteer poster and review the form. You may contact the Foundation at any time.

561.501.3538

Note: All medical information/nutritional content is compiled from affiliates and experts in their fields, and

is not meant to treat or to replace the advice of your personal healthcare professional. The Joseph P Cory Foundation, provides guidelines and suggestions that align with our mission: Empowering people and communities to achieve wellness
and well-being through education, expertise, and guidance.

Feel free to share this newsletter with colleagues and friends or upload to your social media!

Share Tweet

Email Us!

561.501.3538