



## Fun Projects, News, and Education for the "Whole" Family!

### A Note from President and Founder Nada Cory



***Being of service to our community is a way of "giving thanks" – Thanksgiving!***

We all learned about the "Thanksgiving" when we were in school. Perhaps it was hard to relate to the generous exchange of food and communion that cold day in November. But what we should have taken away, is to live harmoniously, to be supportive and helpful to all people, creatures, and plant life that share this earth with us.

While "being of service" is part of being a good citizen of the world, it also feels good to help others. When we do something for others in service, without the expectation of anything in return, we are turning our actions into gifts.

There are many ways to be of service to our community. There are the obvious and much needed volunteer opportunities, then, there is the kind of service that we may not even think of, such as sharing flowers or donating food from your garden; all are simple ways to offer your services to your community. Other simple gardening tactics such as throwing herb and flower seeds onto a vacant lot can brighten the lives of others – including the lives of birds and insects.

Every day, you can do something to make this world a better place. This Thanksgiving, think of something that will impact someone's day or even their life. Give thanks by giving of yourself.

Wishing all our readers, friends, families, partners, students, teachers...everyone,  
a **HAPPY, HEALTHY, AND JOYOUS THANKSGIVING!**

Nada

## DONATE TO EDUCATE!

### ADD A LITTLE SPICE IN YOUR LIFE!

#### Make the season more delicious with herbs.

Herbs have played an important role in natural living since their advent on the earth. They have been admired for their beauty and fragrance, prized for their flavor, and used for common ailments for thousands of years.

Herbs (and spices) are a great way to add flavor, color, and fragrance to dishes without adding extra fat, sugar, or salt.

They also provide powerful antioxidants and have a wide range of other health benefits! Plant your own herb garden today. See how... Click on the PPT.



Pioneer Day  
11/6/2021

Garden Presentations  
11:30 AM & 1:00 PM

Adults and families, please join us for an engaging day of fun presented by [Palm Beach County Parks and Recreation](#).

The Joseph P Cory Foundation will be on site, with fun projects and education. Our farmstead Garden of Hope will be open to tour.

Photos 2019 Pioneer



### SPOTLIGHT: Meet John T. Welch, Riverbend Park Naturalist

If you see someone holding a snake, canoeing through the woods, shooting an arrow, or pressing some sugar cane, you might have bumped into John Welch.

John, is a transplant from Long Island, New York, and has lived up and down the East Coast from New England to the Florida Keys for decades. As self-proclaimed “water people and sailors”, John and his wife spent a great deal of time on the water, running an environmental tour company, and working with the Everglades National Park. When you meet him, you will understand how his expertise, guidance, and enthusiasm, can take visitors into a park via land or boat, and educate them regarding the flora and fauna of our amazing natural wonders; wherever you may live.

John has also worked for the Jamestown Yorktown Foundation as a historical interpreter, the Historical Museum in Miami, and owned/operated his own environmental education company. All of his own personal history, finally lead him to Palm Beach County Parks and Recreation, where he can impart all he knows with attendees. He has served as a marine science instructor at Okechee Nature Center, or for that matter, he has worked at each of the county’s nature centers to date. We are thrilled he finally became the Palm Beach County Parks and Recreation full time naturalist at Riverbend Park in 2011, and oversees this site’s habitats and more.

**BTW, don’t ever miss a Pioneer Day at Riverbend** (November 6, 2021), you will experience what life was like around here at the turn of the century. There are hands on activities, demonstrations, and a tour of the Joseph P Cory Farmstead Garden of Hope. It is authentic! Of course, it is, John wouldn’t have it any other way.

## Employee Health is "Growing"!



On a picture-perfect gardening day, Tuesday, October 12, 2021, the Joseph P Cory Foundation (JPCF) and The School District of Palm Beach County's Transportation Facilities (SDPBC) planted the first of four Gardens of Hope, to kick off a new employee wellness initiative.

This project was the collaborative efforts of Nada Cory, Founder and President of the Joseph P Cory Foundation, and Carlye Fabrikant, the Employee Wellness Coordinator for The School District of Palm Beach County; a like-minded partnership, that began over the summer, when the JPCF delivered a series of virtual health and wellness lectures to district employees.

*Your business* might just have such a space that is ready to impact your employees in a significant way, or perhaps you would like to sponsor a school or community garden. Contact the foundation and find out how!

[Read Full Article](#)



[Photo Link](#)

## Sustainable Autumn Craft

What to do with your leftover Pumpkin

### Steps:

1. Cut the pumpkin in half.
2. Scoop out the seeds, leaving a hollow inside with 1/2-inch thick shell wall.
3. Insert two sticks across the open pumpkin to create perches for the birds.
4. Knot two lengths of rope together at the center and tack the knot to the bottom of the pumpkin feeder. ...
5. Fill with birdseed.



[More Crafts](#)

## Savory Lentil & Root Vegetable Soup

## Cooking with Nada!

### Savory Lentil and Root Vegetable Soup



- 1 Parsnip, coarsely chopped
- 1 Orange Carrot, coarsely chopped
- 1 Purple Carrot, coarsely chopped (can use orange)
- 1 White Beet, coarsely chopped (optional)
- 2 Stalks Celery, diced
- 1/2 Cup Yellow Pepper, chopped
- 2 Cloves Garlic, chopped
- 1 1/2 Cups of Green Lentils, soaked overnight & rinsed
- 2 Tsp Sea Salt
- 2 Tsp Lemon Pepper\*
- 2 Tbsp Coconut Oil
- 1 Quart Water, to start

**\*Nada used her homemade Lemon Pepper seasoning, however you can use any combo of spices to taste.**

Brought to you by the Joseph P Cory Foundation

Click here to watch [Nada Cory prepare a delicious Savory Lentil & Root Vegetable Soup.](#)

Our Youtube channel has more of these great videos, in addition to a variety of health and wellbeing topics.



*Cooking with Nada!*

Visit Our Youtube Channel  
For "Healthy Options"  
Cooking Videos

Brought to you by the Joseph P Cory Foundation

## Members Help Us Grow!

**Help Students Plant 1,000 Seedlings This Month!**  
Transform Students and Unleash Their Power!


**BECOME A MEMBER TODAY FOR AS LITTLE AS \$6 A MONTH - Click Here**



Joseph P Cory Foundation Gardens of Hope recipients in schools are rolling out "Ready, Set, Grow" this month. Each student will jumpstart their yearlong education by planting a variety of organic sustainable herb and vegetable seedlings.

*Your gift will provide a significant opportunity to impact gained knowledge, attitudes, and behaviors, providing hands-on nutrition and health education, promoting time outdoors, and developing collaborative skills for seeds of change!*

Empowering people and communities to achieve wellness and wellbeing through expertise, education and guidance.




GARDENS OF HOPE  
JOSEPH P CORY FOUNDATION

We highly recommend signing up for our "direct to your inbox" service, where you will receive a fully interactive newsletter each month.

**Sign Up  
HERE!**

NEWSLETTER Q3/"MEMBERS MAKE THE DIFFERENCE" - VOLUME X - SEPTEMBER 2021

STUDENT/FAMILY GARDENS OF HOPE EDUCATION AND PROJECTS    WHAT'S INSIDE?    HEALTH AND WELLBEING INFO    LOCAL EVENTS  
RECIPES    ACTIVITIES    STORIES WITH NADA    HOW TO SIGN UP AND RECEIVE THESE NEWSLETTERS



**A Note from President and Founder**  
Nada Cory

**YOU BELONG HERE WITH US!**

Whether you are a volunteer, a reader of our newsletter, social media friend, or have benefited by way of our events, programs and resources, **your ongoing commitment has impacted the lives of students and families in our community and beyond.**

We have been in the classroom, the boardroom, and in the dirt; all in the name of health and wellbeing.

What could more inspiring then watching students befriend a praying mantis, planting, harvesting, and cooking with fresh herbs and vegetables that started out as a mere seed? Kids that once spent an hour a week outside, now run at the first chance, to be working side by side with their friends. These are **no longer students that are the 1 in 5 school-aged children** that are or will become obese, or subject to diseases that were once considered adult limited. These are future adults who can now better understand where food comes from, and how to **make critical choices in nutrition**, to affect the quality of their adult lives.

*For as little as \$6 a month, your membership takes gardens within our parks and recreation, school campuses, vacant properties that might lay dormant, and creates an exemplary learning environment for providing hands-on nutrition and health education, promoting positive time outdoors, physical activity and developing collaborative skills.*

Help us plant healthy lives and seeds of knowledge and wonderment, by becoming a member today!

Simply click below and choose from the many levels secure payment options, and exclusive

**Be a Seed of Change in 30  
Seconds**



# Gifts of Gratitude

Thanksgiving Wishes from Nada

A flower for a smile  
An herb for health  
A hug for compassion  
A cup of tea for a conversation  
A meal for family  
A bench for tired feet  
A beach for rejuvenation  
A tree for hugging  
A path for walking  
Open skies for dreaming  
An ocean for crossing  
Love for nourishing the soul  
A friend for a shoulder to lean upon  
A mother to embrace a child  
A father to give strength  
A thought to create

So be mindful, compassionate, loving, caring,  
embracing, creative, courageous, strong,  
happy and simply, a free soul.



*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!*

**Miss Nada Reads You  
The Story "Preserving**

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



Sign Up  
HERE!

# Please Share Your Passion!

WE ARE LOOKING FOR BOARD/ADVISORY BOARD MEMBERS...  
LEADERSHIP TO DRIVE OUR FOUNDATION AND IMPACT OUR COMMUNITY.

GARDENS OF HOPE  
JOSEPH P. CORY FOUNDATION



Time?

Talent?

Treasure?

Please contact us, we would love to hear more About You.  
561.501.3538    info@josephpcoryfoundation    josephpcoryfoundation.org

## WE NEED YOU!

### VOLUNTEERS NEEDED!

STUDENTS, FAMILIES, GARDENERS, VETERANS,  
SCHOOL CHOICE PROGRAMS, AND FRIENDS - ALL WELCOME.

### BE A SEED OF CHANGE!

YOUR EXPERIENCE, TIME, AND PASSION, WILL MAKE AN  
IMPACT OF STUDENTS, FAMILIES, AND COMMUNITIES.

YOU WILL BE SURPRISED AT HOW GOOD YOU TOO WILL FEEL,  
MIND - BODY - SPIRIT.

#### Interested in joining us?

Call: 561.501.3538  
info@josephpcoryfoundation.org

#### Looking forward to your help!



#### WE NEED HELP WITH:

- Weeding, Pruning, Planting
- Mulching, Hauling, Building
- Events, Education...

#### FOR YOUR EFFORTS:

- Community Service Hours
- Creating a safe outdoor learning environment for Kids
- A great mind-body experience!

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

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

Please click the link above and review the form. There are many ways in which you can make an impact.

Please contact the Foundation at any time.

561.501.3538

Thanks to all our partners, sponsors and affiliates, we are fulfilling our Mission:  
Empowering people and communities to achieve wellness  
and well-being through education, expertise, and guidance.

## DONATE TO EDUCATE!

TAKE A PHOTO OF THE QR CODE  
WITH YOUR PHONE'S CAMERA

MAKE A SECURE PAYMENT IN  
SECONDS!



► DONATION

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

