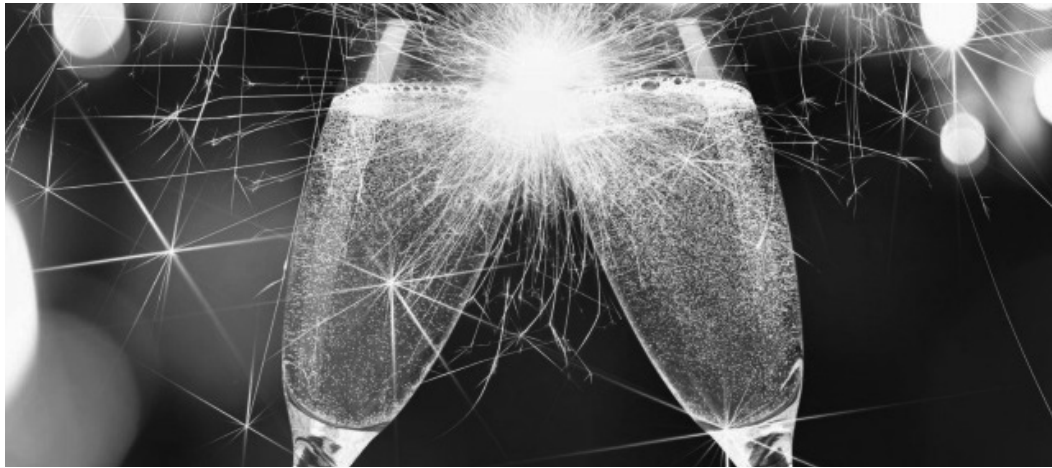


THE RUNNER



All About January

JANUARY IS THE FIRST MONTH OF THE YEAR IN THE JULIAN AND GREGORIAN CALENDARS, though it did not exist as a month until around 713 BC, when it was added to the original Roman calendar along with February. It is named after Janus, the god of gateways and beginnings, who was usually depicted as a two-headed man looking forward and backward at the same time. This image is a fitting one for the first month of the year. Janus appears to be looking back on the year that has just passed while also looking forward to the coming year, just as we reflect on the old and welcome the new.

BIRTHSTONE – GARNET

The garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary. The name garnet comes from the Latin word *granatum* (meaning “pomegranate”), since the stone resembles the color and form of this fruit. Garnets actually come in a variety of colors, including pink, green, orange, clear, and even black. A green garnet, known as a tsavorite, is very rare and thus is the most highly prized. They are found all over the world, including the United States, Sri Lanka, Greece, Brazil, and India.

Continued on page 3

Happy Birthday!

Rosemary Moore	1/1
Elsie Sachs	1/2
Jeanne Robbins	1/3
Rhoda Bulkin	1/4
Therese Misencik	1/4
Carolyn Dubbins	1/5
Miriam Kravitz	1/7
Micheline Scaleg	1/8
Adele Shechtman	1/8
Mollie Caplan	1/9
Richard Mansley	1/9
Jane Norton	1/9
Mary Rochford	1/9
Ruth Tygel	1/9
Jay Savrin	1/11
Maureen Ryan	1/12
Celia Diamond	1/13
David Weissman	1/13
Ruth Oberg	1/13
Irving Caplan	1/14
Bernice Weinstein	1/16
Phyllis Zucaro	1/16
Norma Feldman	1/17
Oscar Freezman	1/17
Maria Baczymyskyj	1/19
Thelma McElvearr	1/19
Roland Lagaree	1/20
Zena Greenberg	1/21
Beverly Seybert	1/21
Arlene Cohen	1/23
Eleanor Cassidy	1/23
Sylvia Farber	1/24
Kathleen Kager	1/24
Catherine Sengaroff	1/25
Sister Joseph Marie Jr.	1/25
Rita Beer	1/25
Joan Babowitch	1/26
Hubert Leonard	1/27
Kathleen Schwegler	1/27
Jeanne Pincus	1/28
Caroline Willms	1/28
Louise Halpern	1/28
Janet Small	1/29
Helen Shanker	1/29
Sylvia Donato	1/30
Leah Stein	1/30

Resident Council Report

Paul's Run Report to Resident Council and Resident Community

Katrina K. Wise, Vice President, Executive Director

December 14, 2017

CENSUS	Independent Living	96.9%
	Personal Care	94.0%
	Nursing Home	90.8%

DEPARTMENTAL

Administration

- The Annual Resident's Staff Appreciation Distribution on December 15th
- On behalf of all of the Paul's Run Staff, a sincere message of appreciation and thanks for the generosity of our Paul's Run residents and families during the holiday season.
- Once again this year, we have the honor of being recognized as one of the Best Nursing Homes by U.S. News & World Report for 2017-2018

Dietary

- The Food Advisory Committee meeting will be held on the first Wednesday of every month at 1:30 pm in the Board Room for Food Committee Members. Dietary issues are addressed at this time.
- We are very excited to welcome Mike Cohen, our new Director of Dining Services, who comes to us as an experienced Food Service Director from Sodexo.

Community Life

Upcoming in January

- 1/1 Mummies Visit
- 1-11 Gallo's Lunch trip
- 1-12 Lunch and Movie Trip
- 1-15 Day of Service MLK Day for Jane Addams Shelter
- 1-18 Whole foods, Trader Joes
- 1-20 Old York Road Symphony
- 1-25 Randi's Lunch trip
- 1-25 Community Service Club
- 1-26 Parx Casino

FACILITIES

- During the weather change, if you have any heating issues, please immediately call the Front Desk for assistance at 215-934-3000.
- Recommendation: Clear your balcony/patio of furniture, plants, etc. to prepare for the winter season.
- Please be aware, the Paul's Run maintenance team is doing an audit of all the Comcast boxes throughout the entire community and we appreciate your cooperation.

CHAPLAIN'S NOTES

- Evening prayer is M-F 3:45 in the chapel
- Prayers for Peace Weds at 12:00 in the chapel
- 4th Thursday Mass is at 10:15 in the auditorium

LIBERTY WELLNESS

- Cold & flu season is here! We highly recommend if you are not feeling well that you rest in your apartment until you feel better. Also, handwashing is the best protection. The resident nurse is available if you need assistance at 215-934-3000.
- Flu Shots are still available, please contact your Wellness Nurse.

On behalf of the entire Paul's Run and Liberty Team, we would like to wish all of our residents a very happy and healthy holiday season.

All About January (Continued)

Ancient warriors believed that garnets brought victory, but they disagreed about the ways this task was achieved. The Crusaders believed garnets protected them from wounds and accidents. Asiatic warriors, however, believed that using garnets as bullets could inflict more severe wounds than lead bullets. Also, according to legend, garnets light up the night. Noah is said to have used a garnet lantern to navigate the ark.

FLOWER – CARNATION

This month’s flower is as rich in history and significance as it is diverse—and with around 300 species, that’s saying something! Their genus, dianthus, means “flower of the gods,” which explains why they were a favorite among early Romans, who made them into celebratory wreaths.

Supposedly, these pretty petals first grew from the patches of earth where Mary’s tears fell after Christ’s crucifixion. Because of this, carnations have come to represent a mother’s love. Although pink carnations make a perfect Mother’s Day bouquet, not all carnations are as innocent in their symbolism. According to The Language of Flowers, if you give a bouquet of striped carnations, you’re refusing romantic sentiments. In contrast, red carnations are best to give when you wish to express romantic passion.

WHAT’S LUCKY IN JANUARY?

Lucky Colors: Blue and Brown

Lucky Days: Wednesday and Saturday

Lucky Numbers: 4 and 7

Lucky Letters: J and Y

Lucky Plant: Amaryllis

The Stars and You

JANUARY 1–19: CAPRICORN’S GOATS

Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty.

JANUARY 20–31: WATER BEARERS OF AQUARIUS

Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Famous People Born in January	
Isaac Asimov (writer)	Jan. 2, 1920
Bobby Hull (hockey player)	Jan. 3, 1939
Katie Couric (news anchor)	Jan. 7, 1957
Kate Middleton (duchess)	Jan. 9, 1982
George Foreman (boxer)	Jan. 10, 1949
Mary J. Blige (singer)	Jan. 11, 1971
Faye Dunaway (actress)	Jan. 14, 1941
Dian Fossey (primatologist)	Jan. 16, 1932
Betty White (actress)	Jan. 17, 1922
Cary Grant (actor)	Jan. 18, 1904
Ernest Borgnine (actor)	Jan. 24, 1917
Lewis Carroll (writer)	Jan. 27, 1832
Oprah Winfrey (mogul)	Jan. 29, 1954
Justin Timberlake (singer)	Jan. 31, 1981

Resident Spotlight



NAME: **Libby Goldstien**

NICKNAME: Libs

How long have you lived at Paul's Run?

Libby has lived at Paul's Run for 9 years and has enjoyed her time here and has made many good friends.

What is your favorite place you have lived?

Libby stated that her favorite place to live will always be Northeast Philadelphia. She loves how she has always felt as if she was in a community; and she feels the same here at Paul's Run.

Do you prefer the beach or the mountains?

The mountains are Libby's favorite place to visit, she prefers the over the beach. Libby has always loved nature and being in the mountains with all that fresh air is like no other.

Where have you traveled and what was your favorite place?

Libby stated that Sweden was by far her favorite place that she visited was. The people were so kind and the scenery was like nothing she had ever seen before.

What is your favorite meal?

Salmon 100% and would eat it every day if she could.

What are you thankful for?

Libby is thankful for living a long life and for living at Paul's Run!

Chaplain's Corner

WHAT AN AMAZING YEAR 2017 HAS BEEN FOR THE RESIDENTS, FAMILIES AND STAFF AT PAUL'S RUN! God has abundantly blessed our community with new residents, employees and relationships in the wider community. I pray that you have been able to witness God at work in your lives and in the world around us. The passing of time as one year ends and the next begins has always been a time for reflection and hope. Reflecting on past experience, making resolutions and being hopeful for a future filled with good health and peace. The New Year brings with it a mixed bag of emotions for each of us but it's an opportunity for a fresh start. I look forward to all that 2018 has in store for us as a community of faith journeying together and I give thanks for the opportunity to share the hope, peace, joy and love of the Lord with you and your families. May a good beginning to this year make for a good end!

Blessings,
Julie

Paul's Run Gratefully Acknowledges the Following Tribute Gifts

made between November 15 – December 14, 2017



In Memory of:

Anna Davalos

By Ms. Ethy Gross

Anita & Bill Goldstein

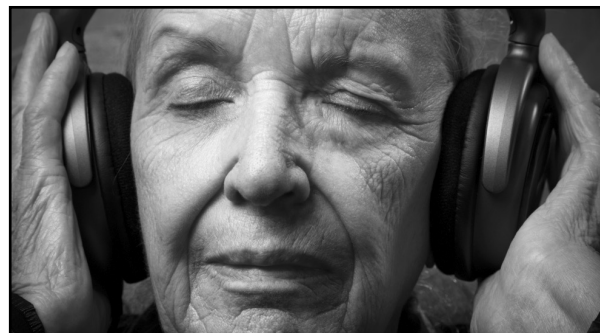
By Ms. Eileen Micklin

Mathew & Leola Dymek

By Mr. William Behm

Leon Salosky

By Mr. & Mrs. Andrew Rosen



PLEASE HELP US raise funds that will enable specially trained staff to continue to transform the lives of memory-impaired older adults through the magic of music.

Music and Memory, a program that provides an iPod and personalized playlist of songs according to the unique preferences of each listener, is changing lives at Paul's Run.

To expand the benefits of this critical program, we are in need iPods, headphones, and iTunes gift cards. Please remember us during the upcoming fundraising campaign "Music & Memory." We will also accept gently used iPod Shuffles and/or Nanoss.

To make a monetary donation, please visit www.fundly.com. Purchase iTunes gift cards (lowest denomination - \$10) by going to www.apple.com.

MESSAGE FROM YOUR FOOD COMMITTEE

If you have a comment, complaint, or just something to say to the Dietary Department, TELL US, not your table partners. Please take a moment and fill out the comment cards at your tables or on your way out the door. They are ALL read and we welcome your feedback.

The PC Periodical

Personal Care residents truly enjoyed the annual Gingerbread house making tradition. It was a lot of work but at the end the Gingerbread house looked just perfect!!!



The Health Care Herald

The Blue Scarf Ladies collected non-perishable food items during the entire month of November. Collectively, the ladies donated 212 pounds of food! They dropped it off at Xfinity Live! to the amazing folks from Preston and Steve's Campout for Hunger Food Drive. Thank you to everyone who helped and participated.



Music Therapy Notes

The Paul's Run Singers and Halle Bell Choir finished out the year with a lovely combined winter concert. Chorus and bell choir members shared holiday music with their family and friends and would like to extend a Happy New Years to the entire Paul's Run community. The Paul's Run Singers rehearse weekly on Wednesdays at 1:15pm in the Auditorium. All interested residents are invited to join.



Top Left: Sig Ginsburg performs solo.



Top Right: Paul's Run Singers perform White Christmas

Right: Halle Bell Choir



In the Month of January

1/4	BOARS HEADS FESTIVAL - ST PETERS CHURCH
1/4	WALMART
1/5	WILLOW GROVE MALL
1/11	GALLO'S RESTAURANT
1/12	LUNCH & MOVIE
1/18	WHOLE FOODS, TRADER JOES
1/19	JOANNE FABRIC, DOLLAR STORE & TARGET
1/20	OLD YORK ROAD SYMPHONY
1/25	RANDI' RESTAURANT
1/ 26	PARX CASINO TRIP

Please sign up for all trips in Erin's Office.



Community Announcements



As a cherished resident, you are a vital part of our proud history.

No one understands better than you what life is like at Paul's Run and the promise and peace of mind it offers. Please consider making us a part of your history by giving 5% back to your community.

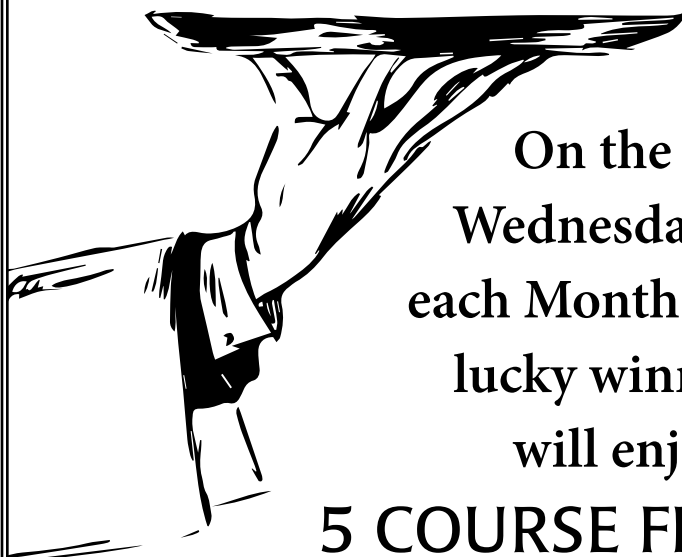
Call Patty Cline at 267-464-7720 for more information. Or visit our website at www.paulsrun.org/keep-5-with-friends.

KEEP FIVE
with Friends



A little planning can have a big impact.

PAUL'S RUN DINING SERVICES PRESENTS **CHEFS TABLE**



On the 2nd
Wednesday of
each Month our
lucky winners
will enjoy a

**5 COURSE FINE
DINING EXPERIENCE**

Enjoy a wine paired evening cooked table side
by chef Jeff in a private setting with personalized service.

Seven lucky winners will be drawn at the
beginning of each month from our suggestion box
and notified personally.

Your feedback not only helps us improve our
customer service, but enters you a chance to win. Don't
forget to put your name on your card and good luck!

MAIL ISSUES

Residents are asked to return to the receptionists any misdirected delivery from the United States Post Office.

The receptionists will assure it is returned to the Postal Worker for delivery to the correct recipient.

COMMUNITY ANNOUNCEMENTS

- 1/15 No transportation
1/20 Monthly birthday dinner - 4:30pm

ENTERTAINMENT FOR IL IN JAN.

- | | | | |
|------|-----------------|------|--|
| 1/3 | Jimmy Edwards | 1/24 | J.T. Trinacria |
| 1/7 | Dr. Steve | 1/28 | Philly Senior Stage Broadway Show Stoppers |
| 1/10 | Krissy Johnson | | |
| 1/14 | Johnny Turk | 1/31 | Joey Joy |
| 1/17 | Nick Canzanese | | |
| 1/21 | Phyllis Chapell | | |



Monthly Diaries

January 2018 Monthly Diary

By Jack Birnbaum

A RESIDENT PORTRAIT #11- Dolly Stein

The first thing you noticed about Dolly Stein was her angelic smile
Her eyes a twinkle as though she'd awaited you, for quite a while
She seemed delighted to greet each new face which came into view
And showed appreciation of conversation with friends, old or new
Her life's contentment seemed to radiate from out of her every pore
And setbacks and problems seemed not able to phase, her placid core

Her dining table was oft frequented by resident with problems galore
But Dolly's charm plus empathy brought on smiles and even guffaw
Including family in mix at the table often sounded like rock and roll
With Dolly's smiling countenance and tact it, remained under control
Even with the limitations of advancing age Dolly tended to her flock
Always attentive, manner serene and ever alert to cushion life's shock

Life at Paul's Run runs on the contexts of mutual respect and tolerance
Allowing residents, choice of lifestyles shaped in styles of difference
And so, Dolly Stein lived her Lifestyle with relish amid our community
Taking not away from other residents the use of their own opportunity
And while Dolly gave opportunity for her brood to be all they could be
Her empathy, her compassion stood as unique, in the life of this facility



Monthly Diaries

January 2018 Monthly Diary I

By Jack Birnbaum

A RESIDENT PORTRAIT #14 - THE ALIEN

For some residents, I strain to visualize them as they were, in their youth
Collating their manner and attitudes displayed now, when, long in tooth
And on occasion I could see how the roots of such behavior came to be
Reinforced by years of experience, now standing tall like a full oak tree
Their early lives barren without paths available to envision positive goals
So, fulfilling hope brought not satisfaction to either their bodies or souls
And now, even the veneer of retirement of what seemingly was a full life
Does not mitigate feelings of dissatisfaction, envy, or of its internal strife

These few residents, who show intolerance of impediments common with age
Such as hearing, speech or visual. often reacting with both abuse and with rage
Masking their fear of inclusion to be part of what is seen as an “inferior” group
And seeking ways stake a claim to separate themselves from such a lesser troop
They often stake out areas to congregate that serve to emphasize their separation
Reserving that space seen as most desirable as befitting those of a higher station

These few challenge this community’s goals, reaching out to become the best
And happily, most residents and staff recognize this challenge as being a test
In a setting where empathy and the milk of human kindness is the rule of living
It allows even such dissident’s opportunity to function within a limited giving
The body of our community acts out the fruits of our comradery without sighing
To join daily rituals of life and living seasoned through years of doing and tryin
As we raise our glasses and sing out in a toast-here is to love and life- La Chaim



Monthly Diaries

January 2018 Monthly Diary II

By Jack Birnbaum

A RESIDENT PORTRAIT - JACK FEINSTEIN #13

It's been said that, a fine wine added to a hearty meal, often make it into, a feast
As adding of a fine human in community, brings behavioral changes, at very least
So, Jack Feinstein, on his entry to Paul's Run his empathy, visible, came into play
Voluntarily he would assist residents to being seated at dinner each and every day
Kindness flowed from Jack, allowing the residents to see him as a friend indeed
And his genuine interest led others to tell him of both their concerns and/or need

On his weekly shopping trips Jack would find items to ease many such a woe
Such as extension grabbers to allow reaching for cans on shelves from below
Or gadgets to let residents retrieve fallen objects without them to do bending
And other tools, which could reach hard to reach areas, just by its extending
These Jack would provide residents who described a problem sans, any request
As a gift for use to remedy their concerns, and to enjoy life more, at his behest

Jack's beneficent attitude encouraged other residents their problems to share
And he would respond using wisdom graced with both patience, and with care
He never seemed to tire at reaching out to others or providing others with hope
He seemed rather, inspired by those many instances of helping others to cope

At Paul's Run the program is designed to help all to be as much as they can be
Within a facility where staff and residents interact together as one community
To make it happen needs residents like Jack Feinstein who are in fact the glue
And binds us together and to achieve community, making this dream come true



Monthly Diaries

January 2018 Monthly Diary III

By Jack Birnbaum

MEMORIES

If true that life is a stage, where both men and women as actors come to be
Then, it's true the plays of life in its acts, doth induce a residue, of memory
Memories inherited not by rote as emotion interaction with others take form
Temporal events modified through time and the experiences of calm or storm
We recall events often not as they were but, as how we did wish them to be
Thereby extracting much pleasure in relating the happenings of such a fantasy
Verily memories in their telling are seen as a part of the speakers' personality
As the effects of time passing mixed with one's needs can influence a reality

But even if so, we should not shrink from the use of the multi- trove of memory
Which is in fact a veritable forest of our past life where every memory, is a tree
Allowing the linkage to loved ones, rekindling their presence, into our space
Sharing the love with others inclusive of the tales showing both caring and grace
And thus, create a dimension where those past now seem alive, and in the group
All, tellers, listeners, those past, reexperience tales taking part, and in the loop

Memories like history, a tutor, supports wisdom, and verifies occurrences, prior
Those who do not know history are sure to repeat it and put their foot into a fire
Just as memories provide opportunity to reexamine the past and then to appraise



Monthly Diaries

January 2018 Monthly Diary III (*cont'd*)

By Jack Birnbaum

Our actions, and our feelings, using experience gained later, our actions to gauge
And then having learned the lesson provided by history, we can apply it, currently
In those relationships which now occurring, thus creating what is a new memory

We wake each morning not to new reality but, with use of composite memory
Moving to each day into events measuring them against those of our history
Interacting with goals of a current situation, at times finding a new formulation
Or in a process screening all the factors, accept our historic actions as validation
By any measure memories are an important role in that time river that we call life
Not only as history, but integrating experience, cope with joy, making them finite



Monthly Diaries

January 2018 Monthly Diary IV

By Jack Birnbaum

THE FOUNDERS - MEN AND DOCUMENTS

In the Inquirer one Sunday (September 2017) there were where three articles of interest about the Constitution and the Declaration of Independence. The first article was written by a senior legal fellow Hans A von Spakovsky of the Heritage Foundation, a conservative organization with which I seldom agree, about the Constitution. I found that I was in general agreement with his analysis of the separation of powers although there are a few comments that I will add.

I agree with Mr. Spakovsky's assessment of the construct of separation of powers between three branches of the Federal government "remains the gold standard of how government should occur" was right on point. I found his quote of James Madison from the Federalist no. 45 appropriate and was particularly interested in a quotation by a former United States Attorney General Edwin Meese about separation of power, He wrote that "it frustrates the designs for power and at the same time creates an incentive to collaborate and cooperate, lessening conflict, and concretizing a practical community of interest among political leaders". I found Mr. Spakovsky's reasoning on the motivation of the concept of the separation driven by the colonists' experience with an English monarchy with a concentration of power led to actions which were detrimental to the interests of the colonists. But I believe that Mr. Spakovsky omitted a second very powerful motivation that led to implement of this concept, stemming from the deep division among the colonists on the issue of slavery which dominated the debate of the Declaration of as well as the convention which birthed the Constitution, This factor in concert with the colonists experiences with the royal concentration of power allowed the convention to use the separation of power concept to honor the statements of equality in the declaration; to avoid a decision on slavery and to presage a solution which Mr. Meese later articulated; a process to "collaborate and cooperate, (and)lessening conflict". And in fact, we have experienced this process in recent years with the inclusion of the governed.

Mr. Spakovsky in concluding his article claimed there has been erosion of the separation of power with the legislative branch acting beyond its limited powers, the executive branch rewriting, ignoring, or obstructing laws passed by the legislature, and the judicial branch failing to rein them for these actions while seeking to create Constitution rights not actually in the Constitution. I have my differences with Mr. Spakovsky views as strict constructionist of this document written in 1787 being applied in today's world without considering the intent



Monthly Diaries

January 2018 Monthly Diary IV (*cont'd*)

By Jack Birnbaum

and its application to the Constitution as written and using Meese's comment as a guide to the new approaches taken by the three branches of the federal government,

The second article delves into some of the interesting circumstances in the writing of the Declaration of Independence and was written by Patrick Glennon of the HSP. The writing of the Declaration began in earnest after one year of the revolution, when a proposal for peace called the Olive Branch Proposal was rejected by King George III. Facing the British might, a declaration which would rally the divided colonist was needed to have any chance of success. A committee of five were appointed and Thomas Jefferson renowned for his literary prowess was chosen as the chief writer. Finally, after moving into the second floor of a residence of a bricklayer he began to draft the declaration using the philosophies of Thomas Paine and John Locke, under constant criticism from other delegate particularly after he attacked the slave trade and kept one of his slaves in the garret of the home he occupied. The house in which he stayed was reconstructed in 1975.

The third article by U.C.L.A professor of history Gary B Nesh is about two great men, Tadeus Kosciuszko, revered in Poland for his attempts to free the Serfs and as the architect of the Polish Constitution who also was part of the American revolution, and Thomas Jefferson, who authored the Declarations of Independence and was the second President of the U.S. Kosciuszko a friend of Jefferson, hoped to end slavery in the U.S. by leaving his wartime pay to compensate his financially needy friend Jefferson, now the Vice President, for the freeing of his slaves, in his name and Jefferson pledged to do so. Kosciuszko in serving with Washington had a black man as his orderly and he came to admire his intelligence, diligence and dedication to unalienable rights as well as observing the bravery of black volunteers in combat became dismayed that white volunteers were fighting for rights denied half a million enslaved blacks. Kosciuszko then wrote his will as agreed and upon his demise Jefferson appeared at the court house and reneged on his promise refusing to act as executor or beneficiary thereby not freeing his own children fathered with one of his slaves plus the freeing of all his slaves with full compensation for their loss. A sad ending for the author of the Declaration of Independence and a tragic betrayal of a friend and a great defender of liberty in a newly formed democracy.



Monthly Diaries

January 2018 Monthly Diary V

By Jack Birnbaum

ON LIVING A GOOD LIFE

In the dance of life humans can't expect to live ideally since it requires perfection
A few special talents, Shakespeare and Mozart are two, were almost an exception
For the rest of mankind there remains the glory of reaching for a life worth living
Our life in America, the land of opportunity, made for more of such chances, given
Achieving lives filled with a kindness and generosity to our fellow men and family
Or living one's life with prudence and worth, in support of justice keeping, us free
Honoring a faith, and in the spirit of generosity, sharing with those who, have less
Being righteous and informed as a citizen, of issues, as part of the political process
Showing temper and patience of other views, understanding of those, who dissent
And greet all immigrants to our land with charity, as new assets living in our tent
Last but not least, show love of fellow men, protect the innocent. the best you can
Brook not corruption, stand with excellence and worthiness as expectations of man

So, at Paul's Run populated largely inhabited by many, that have lived worthfully
In the dining room at dinner residents converse, laugh with relish, often with glee
The room reflecting comradery, has a pleasurable hum, content with its company
Residents discuss events of the day, interspaced with a many a pleasing memory
This special community is committed to the worthwhile life and to its continuation



Monthly Diaries

January 2018 Monthly Diary V (*cont'd*)

By Jack Birnbaum

Providing facilities and staff to support residents movement from station to station

While remaining attuned to resident population as to their wishes, and, their needs

Providing the program resources to access areas of relevance in planting the seeds

Of relevant activities, including a polling station facilitating our being able to vote

Program goals prod us to function at our best, their delivery has realized that hope



Monthly Diaries

January 2018 Monthly Diary VI

By Jack Birnbaum

A POETIC FABLE

Once upon a time in a tree very high, nested a bird. very full of self- admiration
After all, from his perch he viewed creatures below like ants, befitting his station
His regal bearing and his wants and wishes all satisfied, befitting his importance
In isolated moments magnanimous, he considered educating those lesser, a chance
Of course, they lacking his great gifts could only ape him to reach such greatness
And he imagined how they all would gratefully feel loyalty in sharing his largess

So, it happened that by publicity his message and history were begging to be noted
His modus operandum, competitive, his views of life were now often being quoted
And along with this his view of history reflected his experience as one of the elite
He, not like other birds, dreamt not of freedom, as his inheritance, was to compete
And while the bird flock composed mainly of birds who had migrated to our forest
And still dreamt traditional rules would permit them with equality, to build a nest
Allowing them and their fledglings in freedom their future opportunities to attain
This hope seen as disloyal as only in reverting to the past would we be great again

This fable does not constitute a message, rather it poses a very simple question
Which history should our flock accept to guide us in choosing of our direction?

Please note this poem is not written of persons and any such events are purely coincidental



Monthly Diaries

January 2018 Monthly Diary VII

By Jack Birnbaum

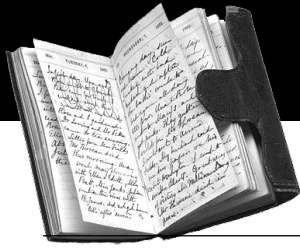
For about the last five plus years I have been showing the movies at Paul's Run and have developed a system for the selection of the films shown in a given month featuring a variety of film genre, as well as underlying theme (e.g. Star of the month, Coming of age act.). I usually monitor the new movie reviews, reading the plot of the films, and list those which are well rated and would seem to be films which I found interesting and which believed you the residents at Paul's Run, would be interested in seeing. I recognized that just because I and the critics think a movie is good (or great) doesn't mean you will like it. After the movie is released I read the audiences' reviews of the selected movie projecting their reactions in the hope that their reactions to that film will be closer to yours than mine. But, alas sometimes that's not true. I would like to tell you that I watch each film before I show it but since on each week there are between twenty and twenty new films released and there is no way for me to do this. So, in the hope that we can predetermine more desirable films I have found three films with much to recommend their being shown while some characteristics mitigate against such an action. I ask you to review the information and to advise me if you would like me to schedule these films.

THE LAKE HOUSE (2006)- Sandra Bullock and Keanna Reeves, two lonely people occupy a lake house four years apart and she leaves a note in the mail box and although they never meet they share the same dog, they fall in love in a wistful romantic tale. They never meet in time but they gain romantic fulfillment. The film also stars Christopher Plummer and is 90 minutes in length.

WHITE OLEANDER (2002)-A coming of age story with an outstanding cast of Alison Loman assigned to four foster homes after her mother (Michele Pfeiffer) murders a lover with Renee Zellweger, Ruth Wright Penn, and Svetlana Elrenova as Astrid maneuvers her way through the chaotic foster home bureaucracy in a 104-minute film.

THE DEPARTED (2006)-A first class police and spy movie with all-star cast including Leonardo DiCaprio, Matt Damon, Mark Wahlberg, Jack Nicholson, Martin Sheehan, and Vera Farmingo. The movie, directed by Martin Scorsese contains significant violence, strong language and sexual content and has a running time of 151 minutes (2 hours-31 Minutes).

Monthly Diaries



January 2018 Monthly Diary VII (*cont'd*)

By Jack Birnbaum

Please indicate your preferences on viewing any or all of these films as follow:

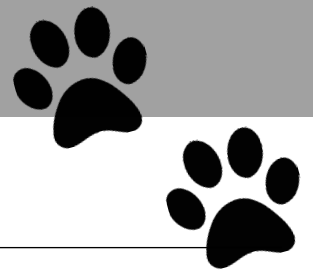
- # 1- I definitely want to see this film
- # 2- I would attend the screening of this film
- # 3- I am undecided
- # 4- I definitely don't wish to see this film

The Lake House-----

White Oleander-----

The Departed-----

Please return to box **A115**



January 2018 Charlie's Corner

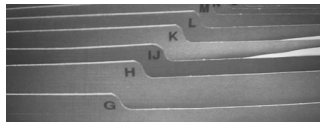
By Jack Birnbaum

As I'm sure all of you know by this time when Charlie has something to say, he's not at all hesitant let me know about it. So, last December (it sometimes takes me time to write about it) he motioned for me to sit down, and he proceeded (with a grave voice), to make his case.

You know, he began, I have noticed on the bulletin boards that several special Christmas programs will be offered this month for the holidays. with invitations extended to residents and staff, along with their families and especially children, were all invited to take part. I replied that had noticed the announcements and I felt it as a fine idea and that I believed they would enjoy the programs, the gifts, and the festivities, which promised a fun time for all. Well, Charlie continued in a miffed tone, it won't be much fun for me or the other resident pets because we were not invited to be a part of those activities, and, I don't think that was right. Well listen I told him, you and the other pets don't accompany us when we go to dinner, or when we take part in the other programs at Paul's Run and I guessed that's why you were not invited. Yes, that's true answered Charlie but the families and especially children, don't go to those, either. Well I explained to Charlie, that since we lived at Paul's Run we didn't have as many opportunities to be with our family's so this is one way in which this situation could be remedied. Well, Charlie responded in a huff, they're our family's too, and we miss out on seeing them too, and this is yet another opportunity for us to enjoy this activity, but again we were not asked to participate.

As I listened to Charlie I could see his point and I had to admit that he had a pretty good argument, so, I said to him this is what I'm going do. I can't talk for the other pet owners, but on the day when the guests have breakfast with Santa, we will join them and you'll be able to greet them and pass out your kisses and, get your treats in the beauty shop as well! So, on that Saturday that's exactly what happened, but in addition to all of this, Charlie went nose to nose with Homer and they both seemed to very much enjoy that visit. It was a wonderful holiday for Charlie, the children, the other guests, Santa, and Homer too. Maybe we can do it again next year! What do you think?

P.S. I hope you stilll like to hear about Charlie , So Happy Reading.



The Atkinson Files

January 2018

THE MONTH OF JANUARY HAS MANY DAYS THAT ARE COMMEMORATING EVENTS or persons along with various wacky and funny causes and ideas. These dates change constantly from year to year. I have listed a few that appear as we greet 2018.

The month has been tagged with several titles including Mental Wellness Month, Blood Donor Month, Braille Literacy Month, Hobby Month and then strangely, two other months named Oatmeal and Soup Month!

There are numerous titles bestowed on individual dates, I have picked out a few that I thought you might find interesting or be worth a chuckle or two.

JAN. 1ST – NEW YEAR’S DAY – Celebrated throughout the world.

JAN. 1ST – NATIONAL HANGOVER DAY
(Too much partying the night before!)

JAN. 3RD – FRUITCAKE TOSS DAY (I am one of the few who like fruitcake.)

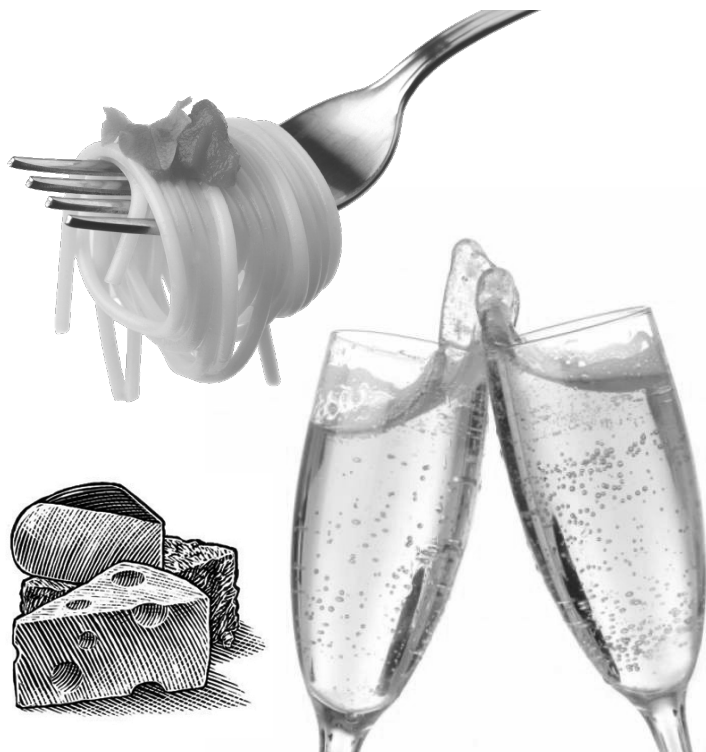
JAN. 4TH – NATIONAL SPAGHETTI DAY
(a favorite of a large majority)

JAN. 6TH – FEAST OF THE EPIPHANY-THREE KINGS DAY (a Christian Holiday celebrated in many churches)

JAN. 8TH - BUBBLE BATH DAY (sooo good for relieving tension)

JAN. 9TH - PECULIAR PEOPLE DAY (no comment, we have all met one)

JAN. 12TH - NATIONAL PHARMACIST DAY
(one of our residents is a retired one)



JAN. 15TH - MARTIN LUTHER KING, JR DAY
- National Holiday always on the 3rd Monday of the month

JAN. 17TH - DITCH NEW YEAR’S RESOLUTION DAY (if you had not done it before)

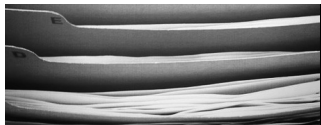
JAN. 20TH - NATIONAL CHEESE LOVER DAY
(a variety to suit every taste)

JAN. 21ST - NATIONAL HUGGING DAY (we all need a hug once in a while)

JAN. 26TH - SPOUSE’S DAY (show your love or recall fond memories)

JAN. 29TH - NATIONAL PUZZLE DAY ((they keep one’s mind sharp)





The Atkinson Files

This 'n That (*Continued*)

THE TRAIN OF LIFE

At birth we boarded the train and met our parents
and we believe they will always travel on our side.

However, at some station
our parents will step down from the train,
leaving us on this journey alone.

As time goes by,
other people will board the train
and they will be significant
i.e. our siblings, friends, children,
and even the love of your life.

Many will step down
and leave a permanent vacuum.

Others will go so unnoticed
that we don't realize
they vacated their seats.

This train ride will be full of joy,
sorrow, fantasy, expectations,
hellos, goodbyes, and farewells.

Success consists of having a good relationship
with all passengers
requiring that we give the best of ourselves.

The mystery to everyone is:

we do not know at which station
we ourselves will step down.

So, we must live in the best way,
love, forgive, and offer the best of who we are.

It is important to do this because when the time
comes for us to step down
and leave our seat empty
we should leave behind beautiful memories
for those who will continue to travel on
the train of life.

I wish you a joyful journey on the train of life,
reap success and give lots of love.

More importantly, thank God for the journey.

Lastly, I thank you for being one of the
passengers on my train.

YOUTH QUESTIONING A SENIOR

A young person asked, What was your
favorite fast food when you were growing up?

Answer: All the food was slow.

Where did you eat?

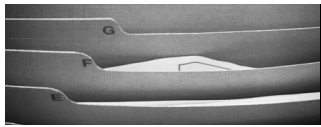
Answer: It was a place called "at home." I
explained "Mom cooked every day and when
Dad got home from work, we sat down together
at the dining room table and if I didn't like what
she put on my plate, I was allowed to sit there
until I did like it".

By this time, the kid was laughing so hard I was
afraid he was going to suffer serious internal
damage, so I didn't tell him the part about how
I had to have permission to leave the table.

Here are some other things I would have told
him about my childhood if I figured his system
could have handled it.

Some parents NEVER owned their own home,
wore Levis, set foot on a golf course, traveled
out of the country or had a credit card.

Following is more of the conversation between
a youth and a senior acquaintance. "My
parents never drove me to school. I had a
bicycle that weighed probably 50 pounds and
had only one speed. (slow) We didn't have a
television in our house until I was 10. It was,
of course, black and white, and the station
went off the air at 11, after playing the National
anthem and a poem about God. It came back
on the air about 6AM with a locally produced
news program and show featuring local people".



The Atkinson Files

This 'n That (*Continued*)

YOUTH QUESTIONING A SENIOR (*cont.*)

I never had a telephone in my room. Our only phone was a party line. Before you could dial you had to listen and make sure some people you didn't know weren't already using the line.

Pizzas were not delivered to our home, but milk was and so was bread. All newspapers were delivered by boys and these boys delivered a newspaper six days a week to the homes on their route. They had to get up very early every morning to serve them before school, then return the end of the week to collect their fees.

Movie stars kissed in a very modest way, at least they did in the movies! There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing without profanity or violence or most anything offensive. Growing up isn't what it used to be, is it?

My Dad was cleaning out my grandmother's house and brought me an old Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but no one else had any idea. They thought she had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to "sprinkle" clothes because we didn't have steam irons. My, all this makes me feel old!

My thanks to Martha Klingbeil, President of the Lincoln Cultural Seniors Association for submitting "The Train of Life" so I could share it with you.

For a change of pace. I included the humorous article that a close friend, Ann Sosnowski, now residing in Maine, sent me that I am certain will put a smile on your face.

The Atkinson Files

This 'n That *(Continued)*



CLARA BARTON

*Nurse, Suffragist,
Humanitarian*

As I continue with my series on women who have made a large impact in the lives of their fellow men, I chose to highlight the life of one of the most honored women in American history.

During the American Civil War, Clara Barton volunteered on the battlefield, assisting the wounded with supplies she brought, using her own funds to augment the poor support the government was supplying to the fallen in battle. The wounded lay in unclean beds, many times out in the open, and the dead were buried in hastily dug graves with little identification. By the end of hostilities she was

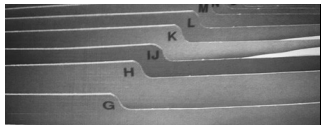
able to locate thousands of missing combatants and identified the dead Union prisoners at the infamous prison camp in Andersonville, earning the gratitude of the families who had not received any information about their husbands or sons who were prisoners.

She drove herself at such a hard pace that she suffered severe exhaustion and was ordered by her family physician to go abroad to France for a period of relaxation. While in France she became aware of the International Red Cross and was so impressed with their methods of treating casualties on the battlefield that on her return home she

began a campaign to set up an American Red Cross.

When the American Red Cross was founded, Clara Barton was named its President. She never took a salary and began the work of the organization using the methods she had learned in Europe of setting up hospital wards. She emphasized opening the wards to fresh air, feeding nourishing food, and set up rules for observing cleanliness throughout. They provided relief at the Johnstown, Pennsylvania flood, and Galveston, Texas flood, both of which caused a large loss of life of the inhabitants of these towns.

Miss Barton had a very inflexible personality who



The Atkinson Files

This 'n That (*Continued*)



was used to directing activities according to her own methods. As the Red Cross became larger with increased staffing she was unable to acclimate herself to working in concert with other members of the organization. In 1904 she rendered her resignation as President but continued to do relief work on her own and gave lectures trying to improve nursing practices in hospitals.

During her sojourn in Europe when she had been supposed to be gaining some rest, she could not resist joining the International Red

Cross on the battlefields of Europe, helping to attend the wounded and becoming known and appreciated by many countries for caring for their countrymen. As a result of hearing about her unselfish service with the wounded, Queen Victoria presented her with a gold medal.

After her final lecture tour she wrote a book called "The Story of My Childhood" printed in 1907. Born in Oxford, Massachusetts in 1821, Clara died at the age of 91 in 1912 in Glen Echo, Maryland. Her name lives on in the many places named for her including towns, streets, organizations, and an elementary school in the Feltonville area of Philadelphia. In 1988 the Clara Barton School was placed on the National Register of Historic Places.

Submitted by
Margaret Atkinson



Monthly Boulevards

January 2018 Monthly Boulevards

By Jack Birnbaum

BOULEVARD A— A preview of the February movie program includes four musicals, four films about the black experiences in different lands; five films about meaningful lives, a story of a crooked politico who discovers truth, and a performance of the Gilbert and Sullivan's two act comic Operetta, *The Mikado*.

BOULEVARD B—This month's resident choice includes three new releases, two of which deal with the issues of race, and a third about an unusual love story taking place on an isolated light house island. The other two choices are a classical comedy about magic and witches and an action flick on a trip down a wild river.

7 P.M. MON. JAN. 1 - *A UNITED KINGDOM* (2016) David Oyelowo plays the designated ruler of an African nation, falls in love, and marries an English white woman (Rosamund Pike), which unloosens strong reactions from his family, from the bride's family, from neighboring South Africa with its apartheid policy, and the British Empire. (118 Min.)

7 P.M. MON. JAN. 8 - *BELL BOOK AND CANDLE* (1958) A magic comedy where a witch (Kim Novak) falls in love with a publisher (James Stewart) setting loose a series of comic situations enacted by a stellar cast including a star cat. (106 Min.)

7 P.M. MON. JAN. 15 - *I AM NOT YOUR NEGRO* (2016) Black author James Baldwin discusses racial life in America and three martyred Black leaders, Medgar Evers, Martin Luther King, and Malcom X who approached it initially differently, but over time saw many things in common. (93 Min.)

6:45 P.M. MON. JAN. 22 - *THE LIGHT BETWEEN OCEANS* (2014) On an isolated island lighthouse the keeper (Michael Fassbinder), and his wife (Alicia Vikander) nurture a great love and raise a girl they find in a Lifeboat. (138 Min.)

7 P.M. MON. JAN. 29 - *THE RIVER WILD* (1958) Meryl Streep guides a raft on a river wild dealing with 2 armed killers as well as a man who wants to prove himself to his son as passengers.



A Night at the Movies

January 2018 Movie Program

By Jack Birnbaum

The first movie program of this year contains a variety of films including musicals, “Memory lane” films, a range of dramatic films, action films, a comedy and the lively operetta by Gilbert and Sullivan, The Pirates of Penzance, plus the Thursday and Saturday on demand films,

7 P.M. MON. JAN. 1 - A UNITED KINGDOM (2017) David Oyelowo a Black chosen ruler, marries a white woman causing political conflicts*

7 P.M. MON. JAN. 2 - CARMEN JONES (1954) A musical based on Carmen with Harry Belafonte, Dorothy Dandrich and Pearl Bailey.

7 P.M. SUN. JAN. 7 - THREE COMRADES (1938) A memory lane film of 3 German soldiers returning home from WWI with Robert Taylor.

7 P.M. MON. JAN. 8 - BELL BOOK AND CANDLE (1958) James Stewart is loved by Kim Novack, a witch in a magical comedy starring a cat.*

7 P.M. TUES. JAN. 9 - INDIGNATION (2016) A story of anti- Semitism and other social mores in the America of the 1960's.

7 P.M. SUN. JAN. 14 - DANNY COLLINS (2015) Al Pacino an aging rock star finds a John Lennon letter, vowing a life change in this bio- musical.

7 P. M. MON, JAN. 15 - I'M NOT YOUR NEGRO (2017) James Baldwin discusses race and 3 leaders, M. L. King. Malcolm X and Medgar Evans*



A Night at the Movies

January 2018 Movie Program *(Continued)*

By Jack Birnbaum

7 P.M. TUES. JAN. 16 - GENIUS (2015) Chronicle of Colin Firth who was the book editor for Thomas Wolfe, Hemingway, and F. Scott Fitzgerald.

7 P.M. SUN JAN 21 - GIBERT AND SULLIVAN'S PIRATES OF PESANZE See the opera corner for a full description of this performance.

6:45 P.M. MON JAN. 22 - THE LIGHT BETWEEN OCEANS (2014) See monthly Boulevards*

7 P.M. TUES. JAN 23 - NORTH DALLAS FORTY (1979) A memory lane look at Pro- football, Dallas style, with Nick Nolte and Charles Durning.

7 P.M. SUN. JAN. 28 - THE SPIRAL STAIRCASE (1946) A true oldie gem of a mystery with Dorothy McGuire, George Brent, and Ethel Barrymore.

7 P.M. MON. JAN. 29 - DENIAL (2016) Ruth Wiesz, a Jewish historian is sued for libel by a dedicated Holocaust denier, Timothy Spall. *

7 P.M. TUES JAN. 31 - YANKEE DOODLE DANDY (1942) One of the best musicals ever with James Cagney, Joan Leslie, and Walter Houston.



The Box Office Buzz: Opera Corner

January 2018

By Jack Birnbaum

THIS MONTH'S OPERETTA, THE PIRATES OF PENZANCE (OR THE SLAVE OF DUTY)

is a comic opera in two acts with the music by Arthur Sullivan and the Libretto by W. S. Gilbert. The official premiere was at the Fifth Avenue theatre in New York city on December 31, 1879 followed by its London debut on April 3, 1880 at the Opera comique and was well received at both venues.

Pirates was the fifth Gilbert and Sullivan collaboration and introduced the much-parodied "Major General's song". The opera has been performed for over a century by the D'oyly Carte and other opera companies and repertory companies worldwide. Pirates remains popular today taking its place along with The Mikado and H.M.S. Pinafore as one of the most frequently played Gilbert and Sullivan operas.

ACT I

On the coast of Cornwall Fredrick celebrates his twenty first birthday and the end of his apprenticeship to a band of pirates. Ruth, the pirate's maid, tells him that as his nursemaid she misheard his father's instruction apprenticing him to a pirate not to a ships pilot. Fredrick (who has never seen another woman and he believes Ruth is beautiful) realizes since he has a strong sense of duty, so, despite his misgivings, he must now kill the pirates. He tries to entice the Pirate King to abandon piracy as they were unsuccessful



because they were all orphans and they allowed all captured men who said they were orphans, go free. Once the word got out, all who were captured claimed to be orphans and all were freed. The Pirate King refuses saying piracy is more honest than respectability. The pirates depart as Fredrick and Ruth see a group of young beautiful girls approaching. Fredrick sees that Ruth is not beautiful and she flees and Fredrick hides as the exuberant girls appear.

Fredrick springs out and appeals to them to help him reform but he is rejected except for one, Mabel, who chastises her sisters lack of charity,

The Box Office Buzz: Opera Corner

January 2018



while she shows him pity and almost immediately they fall in love and the other girls eavesdrop on the two lovers. Fredrick warns the girls about the Pirates but before they can flee the Pirates appear capturing all the maidens, intending to marry them. Mabel warns the Pirates that their father is a Major General who, on his appearance, introduces himself. He appeals to the pirates not to take his daughters as he would then be all alone. Having heard of the Pirates of Penzance he then pretends he was an orphan and the soft- hearted Pirates release the girls and appoint Major-General Stanley and his daughter's, honoree pirates.

ACT II

The Major-General his conscience tortured by the lie he told the pirates, sits amongst his daughters who try to console him. The Sergeant of police and his corps arrive and announce their readiness to arrest the pirates as the girls loudly

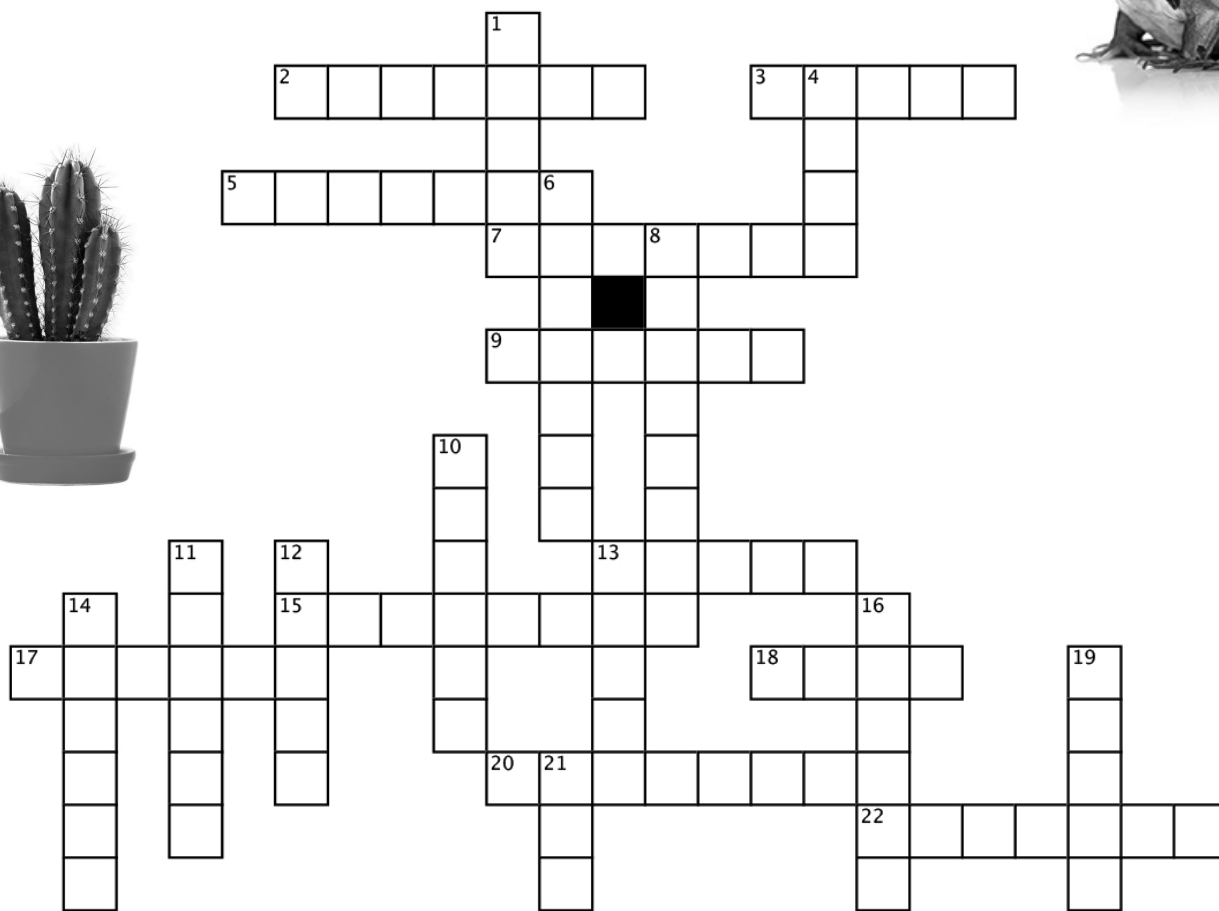
laud their admiration for the policemen's bravery against the ferocious Pirate band, as the police notably unnerved, leave. Fredrick, who is to lead the police reflects on his opportunity to atone for his life as a pirate sees Ruth and the Pirate King who inform him, on reflection, his apprenticeship bound him till his twenty first birth day. And since he was born of February 29 in leap year, he has served only 5 birthdays and his apprenticeship will terminate in his 80's. Fredrick accepts this logic and in returning as a pirate he informs the Pirate King of the Major General's deception of claiming to be an orphan and the Pirate King pledges to exact a terrible revenge for this lie.

Fredrick meets Mabel who pleads with him to stay but he feels duty bound to the pirates till 1946 but they pledge to be faithful to each other till then, even as Mabel says it seems a bit long. The police now steeled to face the Pirates alone hide from then as they approach to attain revenge for the lie of the Major-General. The Pirates attack and the police in defense are easily defeated and the Pirate King tells the Major-General to prepare for death. The sergeant of police calls on the pirates to yield in the name of Queen Victoria and the pirates whom Ruth identifies as "nobles who have gone wrong" are loyal to the Queen, and they do so. The Major-General is impressed, Fredrick and Mabel are reunited and the major-General happily permits his daughters to marry the noble ex-pirates.

It's PUZZLING

Total Trivial

Use the clues to fill in the crossword.



ACROSS

- 2. Young frog
- 3. Molten rock
- 5. Louis Armstrong's instrument
- 7. Crooner Frank
- 9. First U.S. president born in a hospital
- 13. Obama's VEEP
- 15. *Dirty Harry* actor
- 17. Country with the most natural lakes
- 18. Bird found in every U.S. state except Hawaii
- 20. Country where curling originated
- 22. Fastest animal on two legs

DOWN

- 1. There are 18 in a round of golf
- 4. Earth's largest continent
- 6. Film that won 11 Oscars
- 8. Space rock
- 10. Desert plant
- 11. Music award
- 12. Oyster's treasure
- 13. Small drum
- 14. Of the dog family
- 16. *White Fang* author
- 19. Ink squirter
- 21. Female elephant

The Classifieds

PRIVATE DUTY SERVICES
are available to you!



Call 215-934-3050

FRIENDLY REMINDER

Our new lobby is so beautiful.
Please be careful when eating or
drinking in that area.

THANK YOU !

Housekeeping

The Housekeeping department
is asking for your cooperation in
maintaining a sanitary environment
for all of our residents.

Recently there have been
complaints about residents
leaving trash in the hallway
instead of disposing of it properly
in the trash rooms.

We are asking that ALL TRASH be
placed in the proper receptacles in
the Trash Rooms on each floor.

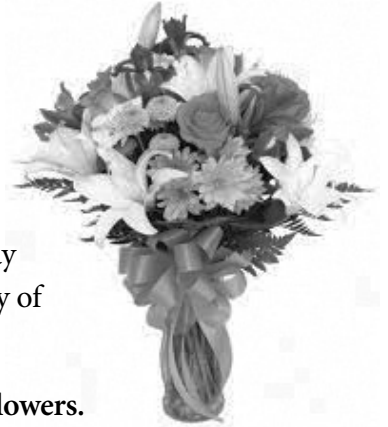
Thank you for your cooperation.

Flowers for the Chapel

Each week, new flowers are delivered to the Chapel on Friday morning. The flowers are provided for worship in the Shabbat service on Friday night and the Christian service on Sunday morning. The flowers are often given in memory of loved ones or to celebrate other occasions.

The \$25 charge is used to cover the cost of the flowers. There is a sign-up sheet on the main bulletin board by the dining room. Lee Levy or the Chaplain can answer your questions.

Residents can sign up to sponsor flowers individually or as a group. Please feel free to sign up and join in to support this small beauty in the Chapel.



MESSAGE FROM YOUR FOOD COMMITTEE

Please do not remove salt/pepper, china or silverware from the tables in the dining room. This is not appropriate and is costly to maintain these items. Please cooperate to ensure everyone has the proper settings on the tables. We want to provide the best customer service possible.



THE GENERAL STORE

Hours of Operation

Monday	10 am–4:30 pm
Tuesday	10 am–4:30 pm
Wednesday	10 am–4:30 pm
Thursday	10 am–4:30 pm
Friday	10 am–4:30 pm
Saturday	11 am–1 pm
Sunday	11 am–1 pm

PAUL'S RUN *Beauty Shop*

Open Monday—Friday
9 am–4 pm

Closed Saturday

Cee

Manicurist

Wednesday & Friday
9 am–4 pm

Cee

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for an appointment.
215-934-3055

WALK-INS WELCOME!

