

THE RUNNER



All About May

MAY IS THE FIFTH MONTH OF THE YEAR ON THE GREGORIAN CALENDAR and one of seven Gregorian months with 31 days. May is a special month for just about every culture. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance as a tribute to the month's namesake, Maia, goddess of the life cycle.

BIRTHSTONE – EMERALD

The emerald is the birthstone for May. This stone's name was derived from the Greek word *smaragdos*, which is a general term that was applied to several kinds of green stones. In the Middle Ages, it was believed that the stone held the power to foretell the future. It was also believed to cure epilepsy and fever and to protect the wearer from panic. Furthermore, Aristotle thought emeralds soothed eyesight.

Emeralds frequently occur inside shale, a fine-grained sedimentary rock. They have been found in Brazil, Pakistan, Norway, Austria, Zambia, India, and Australia. Some are even found in North Carolina. However, Colombia is known to mine the largest and highest quality emeralds, and is the home of the most famous emerald mine. This mine is named Muzo, after the Muzo Indians, who were the original discoverers of the mine.

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It's Puzzling



Resident Council Report

Paul's Run Report to Resident Council and Resident Community

Katrina K. Wise, Vice President, Executive Director

April 12, 2018

CENSUS	Independent Living	91.9%
	Personal Care	92.0%
	Nursing Home	86.7%

DEPARTMENTAL

Administration

- Primary Election Day is May 15, 2018 in the Greenhouse.
- Mark your Calendars for the Annual Community Picnic Wednesday, June 13th with the rain date Thursday, June 14th.
- The Annual Resident Council Meeting will be June 14th 2018 – all residents are encouraged to attend.

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.

Community Life

Upcoming in May:

- 5/5 Abington Choral Club Concert
- 5/9 Casino Night
- 5/16 Ballet Show with Alina
- 5/17 Paul's Run Singers show
- 5/18 100 year Old celebration 2pm
- 5/19 Painting Benefit With Carmen 1-3pm
- 5/22 Bowling tournament against Philadelphia Protestant Home
- 5/24 Buckingham Winey trip
- 5/25 Parx Casino trip
- 5/30 Senior Fitness Day
- 5/31 Paul's Run Fashion Show

FACILITIES

- An automatic door has been installed at the friendship garden.
- Spring cleanup has started – new mulch on the grounds and flowers will be planted soon. There are some bushes on liberty walk that took a beating over the winter; they will be staked up to try and save them if they don't respond they will be trimmed or replaced.
- The Garden in the Liberty Walk is ready for planting vegetables, herbs and flowers. All are welcome to enjoy.

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

- With the warm weather coming, keep your air conditioning on and wear a sweater if you are cool.
- Drink plenty of water and other hydrating fluids.

All About May (*Continued*)

FLOWER OF THE MONTH – LILLY OF THE VALLEY

Lily of the valley, the birth flower for the month of May, got its name from early Christian monks. It probably references a quote from the biblical Song of Solomon: “I am the rose of Sharon and the lily of the valley.” The flower’s Latin name, *Convallaria majalis*, means “valley” (*Convallaria*) and “the month of May” (*majalis*), which probably refers to where it thrives and when it blooms.

These delicate, white, bell-shaped perennials are very fragrant. They signify purity and innocence, and also are said to bring luck in love. For these reasons, they are often the choice for bridal bouquets. When you give these pretty little lilies as a gift, you are saying, “I am humbled by my love for you” or “You’ve made my life complete.” Either way, it’s a lucky lady who receives a bouquet of lily of the valley from her sweetheart.

WHAT’S LUCKY IN May?

Lucky Color: Lavender

Lucky Days: Tuesday and Saturday

Lucky Number: 5

Lucky Letter: M

Lucky Plant: Lily

Weather or Not

MAY 5 MARKS THE MIDPOINT OF SPRING. IT’S NO WONDER THAT MAY is known as the month of mild days. The hottest place to be in the U.S. in May is Miami, Florida, where it averages 79 degrees. The coolest place to live is (you guessed it) Anchorage, Alaska, where the temperature hovers around 46 degrees.

May Firsts in Sports History

MANY FIRSTS IN SPORTS HAPPENED IN MAY. HERE ARE JUST A FEW OF THEM.

1875 – First Kentucky Derby horse race held.

1876 – First “no-hitter” pitched in the National League.

1877 – First Westminster Kennel Club dog show held.

1887 – Racetrack betting legalized in New York.

1939 – First televised baseball game broadcast.

1941 – Ted Williams raised his batting average over .400 for the first time.

1956 – First African American (Althea Gibson) won a major tennis tournament.

1963 – First American climbed Mt. Everest.

1977 – First woman (Janet Guthrie) competed in the Indianapolis 500 and Daytona 500.

Chaplain's Corner

Relationships create meaningful connections between members of the Paul's Run Community and the surrounding community. A recent experience broadened my understanding of the great lengths God will go to connect those who are in need to those who are willing to give of their gifts. Community Service Club is committed to providing food to those dealing with issues of food insecurity. By chance an industrial slicer the perfect size for the projects that we do at Paul's Run was for sale.

The seller gave me directions to the location where he would be waiting with the slicer. A frail elderly man emerged from the home, introduced himself and invited me inside. I explained to him that the slicer would be used for residents at Paul's Run to prepare sandwiches for the the community. He expressed gratitude and delight over the thought that his slicer would be used as part of such a special activity. He was touched by the generosity of the residents and their commitment to making the world a better place.

I thanked him and let him know what a blessing this all had been. He hugged me goodbye and said, "The blessing has been all mine. You have a slicer that will feed many people and your community will do God's work. I have this money to take care of my own family." It's amazing the way God connects and the things that we are able to accomplish together. It continues to be an honor and blessing to be among you and experience the joy of witnessing such meaningful connections.

For more information about volunteering in the spiritual care department please see one of the chaplains or call 215-934-3059.

Blessings,

Julie

Paul's Run Gratefully Acknowledges the Following Tribute Gifts

made between March 21, 2018 – April 17, 2018

In Memory of:

Verna Kelly

By Mrs. Emma Focht

Jeanne Sigel

By Jeanne Sigel

In Honor of:

**Linda M. Curto's
Retirement**

By Ms. Lillian Silverstein

In Honor of:

**Brikena Calaku and her
staff for the Wonderful
Passover Dinner**

By Mr. Ms. Lillian Silverstein

Eleanor M. Grossman

By Mr. and Mrs. Richard
Grossmann

Helen Marimow

By Mrs. and Dr. Barbara
Fierstein



**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.

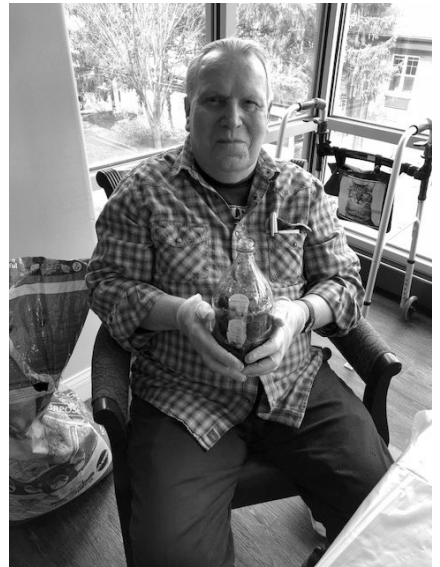
PAUL'S RUN BOOK CLUB IS LOOKING FOR SOME NEW MEMBERS

We meet every other week and have a great group and we LOVE to read!!

Come on April 9th at 3pm in the Library

The PC Periodical

SPRING HAS SPRUNG! PERSONAL CARE RESIDENTS welcomed the new season by creating mini rain forest terrariums with various houseplants and recycled plastic bottles. It was a fun and memorable project that left the residents with smiles on their faces!



The Health Care Herald

THE RESIDENTS OVER IN HEALTH CARE TOOK ADVANTAGE OF THEIR FIRST SUNNY DAY and enjoyed an ice cream social in the secret garden! Throughout the summer months, ice cream will be served in the secret garden at 1:45, stop by for a treat and enjoy the outdoors!



Music Therapy Notes

IN MARCH, THE HALLE BELL CHOIR ACCOMPANIED A MID-WEEK AFTERNOON WORSHIP SERVICE, with such songs as “When Irish Eyes are Smiling,” and “Danny Boy.” While they had a lovely performance, for the bell choir members it’s about more than creating music.

“I like being part of a group. I’m not in the chorus because I don’t sing well, but I can still make music with others in the bell choir and I don’t have to sing. It makes me feel special.” – Irene Margolis

“I enjoy being in a group with people I like.” – Grace Metrokas



Irene Margolis, Pat Mitchell, Betty Lis & Eleanor Grossman

This month we’re back hard at work preparing for our next performance.

Wishing you a joyful April.

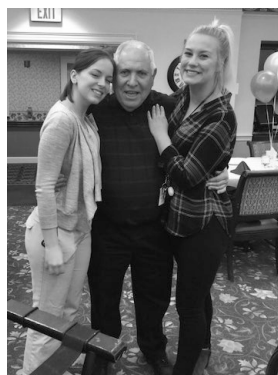
- Molly



Margie Newman, Grace Metrokas, Connie Milewski & Mary Ciarlante

Volunteers

Essential Pieces of the Puzzle



Thank you for saying yes to service!

In the Month of May

- 5/3 ROSS, STEINMART
- 5/4 BENNY & THE BUM
- 5/10 TRADER JOES, WHOLE FOODS
- 5/11 WILLOW GROVE MALL
- 5/17 TARGET, JOANNE'S
- 5/18 BEN & IRVS
- 5/24 BUCKINGHAM WINEY TRIP
- 5/25 PARX CASINO TRIP
- 5/30 SENIOR FITNESS DAY
- 5/31 WAL-MART TRIP

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



TARGET



Community Announcements



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

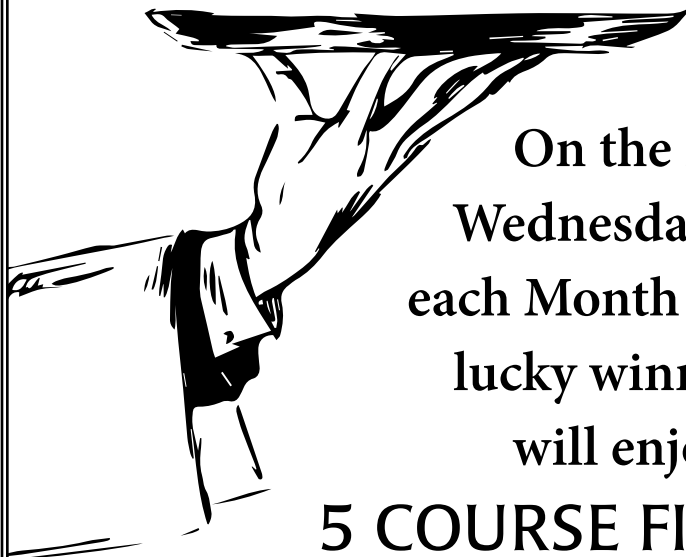
No one understands better than you what life is like at Paul's Run and the promise and peace of mind it offers. Please consider making us a part of your history by giving 5% back to your community.

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.

Paul's Run Fashion Show MAY 2018

LOOKING FOR MODELS

See Erin from community Life if interested.
Sponsored by T. J Maxx

ENTERTAINMENT FOR IL IN MAY

- | | |
|---|--|
| 5/2 J.T. Trinacria | 5/16 Freya Thomas |
| 5/5 Cinco DeMayo celebration with Magdaliz and Her Latin Ensemble | 5/20 Jeff Corbit |
| 5/6 Dr. Steve | 5/27 Kristen Coryell |
| 5/13 Tom Pizzi | 5/28 Memorial day show with Kim Montalvo |
| | 5/30 Eleanor and Iosif |

Community Announcements

GENERAL STORE INFO

**KRISPY KREME DONUT SALE EVERY FRIDAY
AT 10AM**

GLAZED AND ASSORTED DONUTS \$1.00

RITA'S WATER ICE IS BACK!

RITA'S WILL BE STOCKED IN THE GENERAL STORE
FREEZER EVERY WEEK WITH 1 SUGAR FREE AND 2
ASSORTED FLAVORS.

- 5/5 ABINGTON CHORAL
CLUB PRESENTS –
AMERICAN SAMPLER AT
ABINGTON SENIOR HIGH SCHOOL**
- 5/9 CASINO NIGHT
7-10 NO MONEY, COINS WILL
BE GIVEN OUT TO PLAY
COME & ENJOY**
- 5/16 SPRING BALLET SHOW
11AM IN THE AUDITORIUM**
- 5/17 PAUL'S RUN SINGERS
SPRING CONCERT
10:30 IN THE AUDITORIUM**
- 5/18 CENTENARIAN CELEBRATION
2PM AUDITORIUM**
- 5/19 PAINTING WITH CARMEN
BENEFIT 1PM \$15**
- 5/22 & 5/24 SHOPPING FOR THE FASHION
SHOW FOR ALL MODELS, MEET
IN THE MAIN LOBBY AT 9:30AM**
- 5/24 MOBIL MINI HORSES
HERE TO VISIT 2PM
IN THE SECRET GARDEN**
- 5/30 SENIOR FITNESS DAY
PLEASE SEE KATE TO SIGN UP**
- 5/31 PAUL'S RUN FASHION SHOW**



**We
love
volunteers!**

**We welcome you to share
your talents and hobbies with
the residents! Here are a few
opportunities:**

<input type="checkbox"/> Friendly Visits	<input type="checkbox"/> Companionship
<input type="checkbox"/> Craft Activities	<input type="checkbox"/> Exercise Class
<input type="checkbox"/> Brain Games	and more...

Contact Elizabeth Rodgers in
Community Life for more info
by phone, 215-934-3043, or
email elizabethr@paulsrun.org

Informed

A RAINBOW IS CIRCULAR...

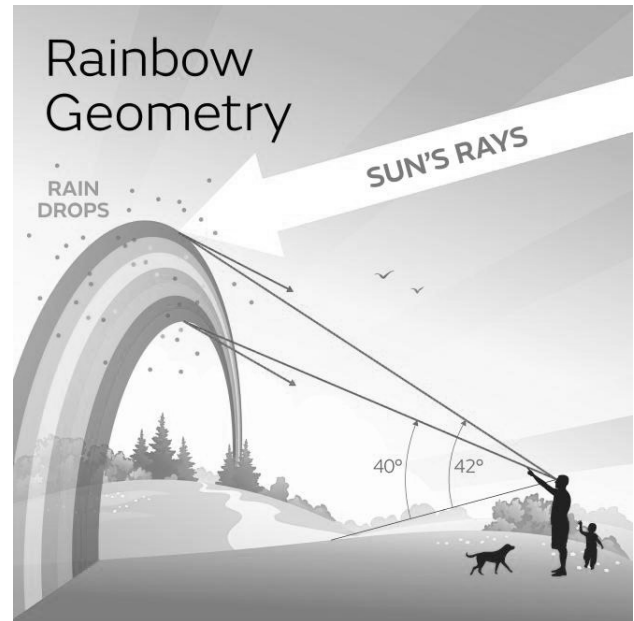
Three things must happen for you to see a rainbow's colors. First, the sun must be shining. Second, the sun must be behind you, and third, there must be water drops in the air in front of you. Sunlight shines into the water drops, which act as tiny prisms that bend or "refract" the light and separate it into colors.

Each drop reflects only one color of light, so there must be many water drops to make a full rainbow. You'll see the brightest rainbows when the water drops are large, usually right after a rain shower.

The rainbow is circular because when a raindrop bends light, the light exits the raindrop at an angle 40 to 42 degrees away from the angle it entered the raindrop.

But if the sun is very low in the sky, either just before sunset or just after sunrise, we can see a half circle. The higher the sun is in the sky, the less we see of the rainbow.

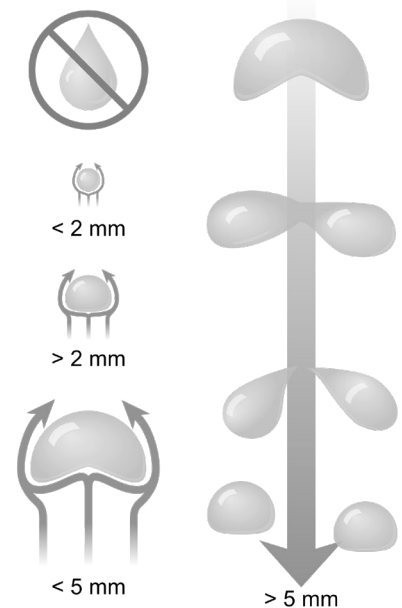
The only way to see the Full Circle of a Rainbow in the sky is to be above the raindrops and have the sun behind you. You would have to look down on the drops from an airplane. (according to Physics.com)

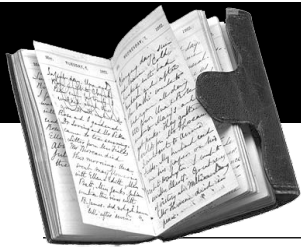


NOW ABOUT THOSE RAINDROPS...

MYTH: Raindrops are tear-shaped...

As the United States Geographical Survey website notes, raindrops are shaped more like hamburger buns or beans. When they get really large, they split in two. Only then do they turn into a teardrop shape - only to quickly become burger buns again.





Monthly Diaries

May 2018 Monthly Diary

By Jack Birnbaum

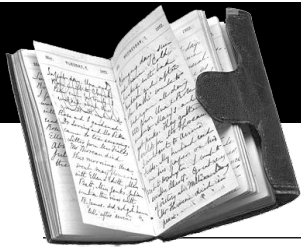
A BIT OF HUMOR AND A MESSAGE, TOO

As I grow older some things I used to like leave me cool or even to be colder
Games like hop scotch, stoop ball or even games like horse get a cold shoulder
Not to mention the playing of football, makes my body ache from head to toe
Thoughts of handball sends shivers down my spine feeling like 10 feet of snow
Why even thoughts of playing Tidally winks I get giddy and am liable to scream
As the competitive edge of that game a nightmare or at least a really bad dream
The sounds of those plastic numbered balls announced in bingo grate on my ears
As do with shrieks and moans as they are being read causing snickers and sneers

Lest you think I'm just an old foggy who finds nothing or very little of good cheer
I freely admit I'm getting older and now I engage in other games that I find dear
I love to write poetry which as I continue to do it becomes easier and easier to do
Not only that but I feel ever free to express myself and also expose my inner muse
So, in reading this poem feeling its humor respond with at least a titter or a smile
In such a case I would feel we have shared a moment and for me it is worth while

I wrote of games with tongue in cheek but sharing movies is my favorite game
Most every movie I show, I've gotten a message and I hope you will do the same
From Atticus Finch (Ne Peck) Lou Gehrig (Ne Cooper) I was inspired about living
To have the privilege of the selection for this wise group is the very apex of giving

So, I began this poem with tongue in cheek and with a burst of humorous writing
And ended this opus with maudlin sentiments which I gauge as not being exciting



Monthly Diaries

May 2018 Monthly Diary I

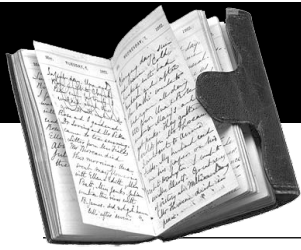
By Jack Birnbaum

RESIDENT PORTRAIT - ARTHUR LEOF # 22

Resident Arthur Leof always seemed a little surprised on beings noticed
Physically slight, introspective, fond of the N.Y. Times he often quoted
Arthur often carried a book or magazine, and seen at rest, them to read
In group he participated but, rarely would he assume to take the lead
The exception after reading, Arthur led by putting forth some questions
Seeking others reactions, and searching for others to make suggestions

Arthur's copy of the Sunday Times was a tangible witness of his caring largess
After reading, he'd send to a resident that section in which they had an interest
Each week he'd provide the magazine, book review, sports as well the news,
And as well, the arts, the crosswords, even the advertising, for their reviews
And he was not averse to then follow up and in the sharing of his impressions
He did so individually, or if the issue involved many, through group sessions

Arthur's role at Paul's Run illustrates the flexibility provided by this community
As respect combines with empathy allowing for all the maximum of opportunity
to pursue their interests, to remain relevant, yet at this age, continue and grow
And since "one size does not fit all" this flexible community allows all to do so
No matter what their interests, or differences, acceptance of the individuals style
Ruled by compassion all such is Arthur Leof, are welcomed with a warm smile



Monthly Diaries

May 2018 Monthly Diary II

By Jack Birnbaum

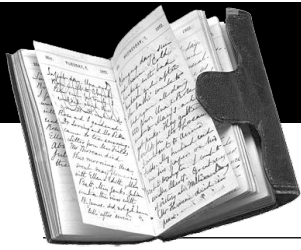
A BAD SEED, EVIL, ENVY GREED AND HATE

This is a saga about the elements needed to concoct what is called a bad seed
As a trio of hags dance around a cauldron stirring up a brew as an evil of need
This brew, otherwise known as hate, was scattered over a terrain called Earth
Growing as plants of great worth, ingested by imperfect humans giving birth
To wars, pestilence, slavery, genocide, and other means of mass destruction
Along with poverty, prejudice, larceny or murder, forms of inhuman seduction

To understand such situations needs a common thread and logical projection
Of events and the trio of bad seed, should leave a trail of common connection
The trio of bad seeds promote friction between the have nots and the haves
Where contending parties vie for control, when and if, it comes up for grabs
Such a construct may seem simplistic, but a similar scenario occurred in 1787
From that situation rose our Constitution, a construct leading tension to leaven

That document, extraordinary, built with checks and balances between the states
Three Federal branches to collaborate and cooperate, so conflicts would then abate
Now Lincoln, a known abolitionist, became President, the South did now secede
And Lincoln t ordered the military to shield the union, not allow them to leave
In restoring order, as the people demanded, he abolished slavery by proclamation
The system functioned as designed as the people's choice ruled, for all the nation
Though not without cost, a civil war, a President lost, 150 years of racial violence
Steady movement to equality getting closer to having segregation be, a past tense

Monthly Diaries



May 2018 Monthly Diary II (*cont'd*)

By Jack Birnbaum

It would be foolish and inaccurate to claim even in America, violence is in retreat
As mankind is not perfect and the bad seed, still here, history can and does repeat
Royal states, Theocracies, totalitarian rule infected by bad seeds, still hold sway
In many a land, mass destruction and inhuman seduction happen almost every day
Even in America, in spite of steady progress in equality new voices are now in play
In an election where hope can be restored and equality can be continued on its way
By way of the Constitution this vote will to the world convey our voices with hope
To the afflicted and to challenge their oppressors 'a message, with which to cope

So, once again, as happened prior, our Constitutional process will be put to a test
Of our will to attain equality and provide hope to others it can be gained by protest
It is as well a test for Americans to use the right to vote others are willing to die for
Lincoln's governance of, by, and for the people sans participation, can be no more
Lest we forget in the Civil war, men died to gain the vote for those, not eligible
In two world wars we participated protecting democracy and keeping it malleable
Making it imperative to exercising our vote bringing hope to those now oppressed
As, at present in Iran, hope is evidence, causing the bad seeds to be re-addressed
And here in America, land of the free the right to vote shows hope, at its very best
So, it behooves us to vote and show support of our Constitution in this newest test



Monthly Diaries

May 2018 Monthly Diary III

By Jack Birnbaum

A BIT OF BI-PARTISANSHIP NEVER HURTS

In a bi- partisan spirit I am offering assistance to the novice President D.J, Trump
I noted you had difficulty in counting of the crowd attending at your inauguration
I can refer an optometrist but you might 'claim knowing more than she, an option
You could make use of mobile counting turnstiles and use it for another occasion
I noticed your unfamiliarity with the Constitution and aware of your TV fixation
Rather than books, I would suggest the internet, DVD, or the use of a TV station
I also note your vocabulary is for tweets, but unsuited for other missives, as a letter
An on-line dictionary of synonyms and antonyms without reading, won't be better
As for meetings if you wish only compliments then keep on going as you are now
Policy discussions your wont? appoint diverse folk, to debate the what and how
as patriotism, when black football players protested injustice labeled unpatriotic
SOB's upon not standing for the anthem. Should Patrick Henry be seen as heretic>
Be shot as unpatriotic? Is patriotism not being sworn to uphold The Constitution?
The answer to such questions defines our membership in a democratic institution
I notice how often your teste-a tests result disagreements over what did occur
Since you abhor "political correct" conversation, your meanings may be obscure
And your intentions as defined by Constitutional rules could at times be misread
It may advantages you to consult Pearl Mesta, a known conversational connoisseur
Who will steer you to correct usage of s conversation making your meaning clear
So, an intimate chat at conclusion will expedite mutual objectives without any fear
I hope Mr. President this epistle whets your appetite for bi-partisan partnerships
I can say this initial foray in this area, opened my eyes and made me lick my lips

Monthly Diaries

May 2018 Monthly Diary IV

By Jack Birnbaum

RESIDENT PORTRAIT - BOB COHEN # 26

A first look at Bob Cohen -may be unimpressive but a second look brings to light
The spirit in that small body, sees what's right and for it, he is ever ready to fight
At our table where he gets his soup in a bowl and makes sure that it is piping hot
And for his favorite, spaghetti and meatballs, seconds he orders that, hit the spot

His feisty persona does not come to the fore with just food, nor is it only a mood
Bob faces problems, and has all of his life directly, definitively, and not to brood
His life experience lets him to realistically assess his options for decision making
Bob has grown in understanding people through social and business undertakings
And this plus empathy gained many friends making him more of a confident man
So, his approach to making decisions radiates confidence and saying oh yes, I can

Beyond that crusty exterior there lives a sensitive man both warm as well as loyal
He values his past, respects those he has come to know and expertly plays the foil
In the conversations at our table and is not averse to shed a tear at times emotional
And never, I mean never, not ready to partake in activities that grow to be sociable

Bob's a man who ignores pain, in order to participate in the joys of this community
He willingly endures being unconfutable, and when needed takes tasks of authority
So, when one who lives at Paul's Run purporting to the living of life to its fullest
Residents like Bob Cohen personifies the qualities which makes it one of the best

Monthly Diaries

May 2018 Monthly Diary V

By Jack Birnbaum

ABOUT MUSIC

Music has been all around me for seemingly every waking moment of my life
I am hard pressed to think of a time when there wasn't music to add some spice
Now mind you although my taste in music is quite broad, some types are taboo
Not that such music is bad, but for reasons of my taste, I end up feeling its true
My first musical experience was with song as listening on the radio I sang along
It wasn't long before friends urged me at gatherings would I sing them a song
At school I would sing in choir or in musicals, loving to sing and happy to please
While In High School I played trombone in the band and orchestra, it was a breeze
So, with a GI scholarship I entered Julliard continuing my studies of the trombone
As well as composition, conducting and voice a treasury of music to call my own
It was as a palace of pleasure in symphony, Opera, Jazz and song to my very soul
The experience, exhilarating but now I knew my talent could not reach that goal
Which I had envisioned as a career as one able to compose musical compositions
And being a performer qualified to interpret my own work or other musical editions

So, in the twilight of life I realize how fortunate I am for that which life gave to me
Experiencing working with others for a better life, and a better place in which to be
While I have reaped from treasure of music and appreciating that which it gave me
So amidst my poetry I will try to learn to appreciate Rock and Roll, wait and see



Monthly Diaries

May 2018 Monthly Diary VI

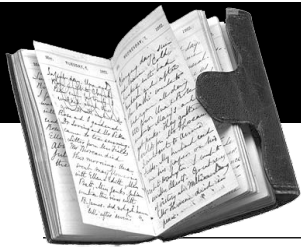
By Jack Birnbaum

ABOUT BELIEF

Living normally, we don't often realize how much of life leans on what we believe
Such as a long task requiring sleep, on the next day its completion, as we conceive
These events, common in adult lives, even as we recognize the limits of mortality
As our belief serves to obstruct a reality as one sees not the forest, through the tree
As well, belief plays a key role in our perceptions of persona and, in its definition
It's endemic in human transaction, applied to many, especially a spiritual, situation
All Religion is based on belief, but not all share the same beliefs breeding friction
All religion stress tolerance, different "truths" breed violent prejudice, an affliction
All political systems believe in peace as a goal to reach for stability and prosperity
Some political states define peace by invasion of another, then becoming an entitle
Equality, a belief seemingly shared in political entities verbally, not through action
A history of slavery or mans imperfections, prevent its attaining universal traction

Belief you should know is sometimes acceptable without proof or evidence
Belief commands fealty so all should test its usage with at least common sense
As some beliefs bereft of evidence, will list accepted behavior, within their milieu
That should allow you to assess proscribed behavior against those close to you
It might be advisable to test your goals and the goals of those who you admire
And then arrive where, in this constellation of goals, a new belief could aspire

Lest this work seems academic I intend to examine three case histories of our era
First, belief gone bad Nazi style, Second equality, USA, and third, Israeli Diaspora
Nazi belief was to restore superior Aryans, destroy WWI and Jewish co-plotters



Monthly Diaries

May 2018 Monthly Diary VI (*cont'd*)

By Jack Birnbaum

Hitler used the Junker para-military units to take control of Communist “rioters”
Controlled the courts, the press and removed inferiors from the Aryan institution
He systematically attacked Gypsy’s, homosexuals and applied the final solution
Millions died in camps, battle fields, as non- combatants making Europe a hears
The belief one takes revenge and time will reverse was, in the end totally perverse

Our forefathers committed themselves as well as us, to democracy and equality
A belief for more than two hundred years we have perused almost like an idolatry
And equally we can take pride in how far we have come but, still have miles to go
In truth as men are not perfect there probably will in perpetuity be a need to grow
Now, some who question how far we have to go to satisfy those who, want more
But, we at Paul’s Run have lived many years we know how it feels to go without
And believe the commitment to equality should be honored all the time, no doubt

The Israeli-Arab conflict is seemingly based on two conflicting beliefs of history
Jews believe historical rights while Arabs cite tenancy in this harsh, arid country
Where men have had to adjust their lifestyles to survive in a hostile environment
And both believe in a military solution while both beliefs could prove legitimate
Behooving them to seek negotiation as a tool abstaining from a military solution
And relearning of survival in a hostile world may lead to viable conflict resolution

Beliefs clearly are a very important element in every phase of human endeavor
But, they may require evaluation as their outcome can lead to pestilence and war
History is valuable in evaluation providing us clues to events we’ve yet to meet
Avoiding Santayana’s warning, “He who know not history is doomed, it to repeat”



Monthly Diaries

May 2018 Monthly Diary VII

By Jack Birnbaum

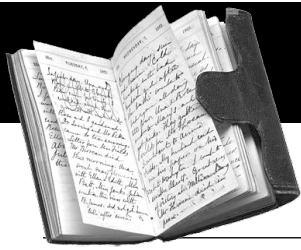
MAKING THE CABINET GREAT AGAIN

As I thought back to my youth I realized how important the President's cabinet was. I knew Cordell Hull was secretary of State, Henry Morgenthau, of Treasury, Harry Hopkins of labor all with high visibility as the cabinet then was much smaller than the present one. So, I began to research the cabinet authorized under Section II, Article 2 of the Constitution, to consult and advise the president in their responsibilities. I discovered there are now 22 members confirmed by the Senate and 10 special assistants appointed by the President which comprise the cabinet. Of those confirmed, three were women, one being Asiatic, one Hispanic and one being Black. The percentage of white male's appointees is the highest since the Reagan administration. Of the ten special assistants appointed one was female, the remaining nine white males. The profile of this cabinet revealed 'an age range of 45 through 80 and an average age of 57.1, all save one (independent) Republicans, although some had been Democrats before. The composite net wealth of this cabinet was estimated to be 4.3 Billion far above any prior cabinet of record.

With this as a background it seems incongruous that a group who have achieved recognition and wealth in their varied careers, and now on stage with major responsibilities would go virtually unnoticed in the hub of our mighty democracy. Unreal excepting for one factor, which has altered the normal chemistry of our governmental machinery, and that factor is referred to by the media as POTUS, also known as President Trump. This president has insistently proclaimed himself as a genius, with unmatched skills and knowledge and has received from the cabinet nothing less than genuflection. In fact, he has proclaimed himself singularly equipped in governmental functions including budget, foreign relations domestic issues military affairs, labor and management, issues, racial relations, Constitutional and congressional relations (and public relations) and maybe even putting out the trash each night, and more. With such munificence of oversight, the inert role of the cabinet would seem irreversible, but I should, if I be permitted, like to offer a suggestion of how we can make the cabinet great again and bring life to a contentious issue.

What I am proposing, calls for the cabinet in an additional activity and would add a new function and make use of the assets of that body, be instrumental in improving the relationship between ourselves and our southern neighbor Mexico, provide fiscal relief for both the nation's

Monthly Diaries



May 2018 Monthly Diary VII (cont'd)

By Jack Birnbaum

tax payers, and perhaps push forward that which seemed impossible, but apparently much loved by the President, **The Wall**. Well you might be saying, what sort of magic pill do you have to accomplish this magic, and how does it involve our underperforming cabinet? As a first step I would have the president announce the designation of his cabinet (after they have agreed to accept it) as the U.S.-Mexico friendship Committee, along with a Mexican co committee ((after they have agreed to it). In the announcement I would announce their mission (after they agree to it) as one to promote better relationships between our countries and then to raise **Funds** to pay for the construction of **The Wall** at about 26 billion dollars (after they agree), A list of activities such as formal balls and/or fiesta dances, Golf tournaments, national lotteries, sports contests along with abuilding fund with prizes such as a two week paid vacation at a Mexican Beach resort or one full year of free golfing at a popular course and much, much more(after they agree)

Additionally, there should be acknowledgment for those who did much to promote inter nation good will and mutual respect. I propose a monument in the shape of a miniature wall be erected on the border between Texas and Mexico, complete with plaques which name of those who contributed with different sizes and the amounts under the headstone **WE GAVE OUR ALL TO BUILD THIS WALL!** In fact it might encourage those who wish to immigrate to our great nation and could also resolve another immigration issue if we found there were more Norwegians who could afford to donate than those raised in S**tHole nations (if they agree)



The Atkinson Files

May 2018

GREAT NEWS! THE SNOWS OF WINTER ARE GONE, VISIONS OF WARMER days fill our minds, lifting our spirits, and even though only a fraction of us could dance around a Maypole, the thought of being able to do so is exciting!

The month has some important designations including Foster Care Month, Gifts from the Garden Month, National Barbeque and Bike Month, and National Older Americans Month (this applies to all of our unique and wonderful residents)!

Week #1 honors our nurses. I am certain we all have had interactions with caring nurses when we needed their help.

Week #2 is Wildflowers Week. We worked hard to raise flowers in our previous homes, but Mother Nature would outshine all our efforts.

Week #3 is dedicated to Lupus Awareness week and the efforts to control this health problem.

Week #4 is National Police Week, a tribute to those courageous men and women who keep us safe in an increasingly turbulent world.

Among the many days attributed to specific causes or fun activities, I selected the following to write about this month –

MAY 1ST – MAY DAY – We associate this day with the tall wooden pole depicted in illustrations showing dancers around a pole. At times it was a permanent fixture in a town square and other times it was erected only during the festival. It is thought to have

originated in the medieval ages, primarily in Germanic Europe. It became less popular in the 18th and 19th centuries, but is still observed in a few different traditions.



MAY 2ND – BROTHERS & SISTERS DAY – For those of us fortunate to still have a sibling we can reminisce about our childhood and family events.

MAY 4TH – STAR WARS DAYS – This show has a large following of fans many years after the original film.

MAY 5TH – CINCO DE MAYO – A minor holiday in Mexico, this celebration notes the date in 1862 when the Mexican army was victorious at the Battle of Puebla during the Franco-Mexican War and ended the attempts of France to annex Mexico. Mexican immigrants living in the United States developed the day into a commemoration of Mexican culture, especially in Los Angeles, Chicago and Houston

The Atkinson Files

This 'n That (Continued)

where large enclaves of Mexican-Americans reside. It is a festive celebration of parades, parties, music and dancing.



MAY 6TH – DIET DAY – For those who struggle with special diets, it is a day they would like to forget!

MAY 8TH – VE DAY – After years of sending our fine young generation of American youth to the battlefields of Europe, the surrender of Germany will remain a permanent memory for all of us who were on the home front. I was a senior in High School and it had become evident that a surrender was coming and my all girl high school had an assembly program



prepared of poems, Bible readings and prayers. (This was in a Public High School). It was extremely emotional as some students ran out crying because they had lost loved ones in the family or a boy friend.

MAY 10TH – CLEAN YOUR ROOM DAY – A favorite mantra of Moms, however, maybe we ALL could take this to heart!



MAY 13TH – MOTHER'S DAY – Celebrations honoring motherhood were held by the ancient Greeks and Romans and were directed to the God Rhea. Later, Christians had festivals known as Mothering Sundays. In America, Anna Jarvis heard her mother pray that mothers would be honored and after getting financial assistance from John Wanamaker (well- known merchant of Philadelphia) was able to advertise her dream of having observances held in churches on the second Sunday in May. White carnations would decorate the sanctuaries.

President Woodrow Wilson signed a measure making it an official Holiday in 1914 and as the popularity of the day grew, florists, greeting card manufacturers and other businesses began to offer items for sale to be given on Mother's Day. By 1920, upset with the commercialization of the day, Anna Jarvis

The Atkinson Files

This 'n That (Continued)

SMILES

In my submission for the April edition of the Runner, I listed all the positive attributes to our health and mental well-being, of smiles and laughter. Below are some puns and amusing items that I hope will bring you a laugh or chuckle.

From an article on typing errors made by church secretaries when printing the announcements for the Sunday bulletin we find the following:

The sermon this morning: "Jesus Walks on the Water". The sermon tonight "Searching for Jesus".

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

Pot-luck supper Sunday at 5PM, prayer and medication to follow.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Sign in a Veterinarians waiting room:
"Be back in 5 minutes. Sit! Stay!"

Sign in front yard of a funeral home:
"Drive carefully. We'll wait."

Sign on the back of a Septic Tank Truck.
"Caution—This truck is full of political promises".

Sign on electricians truck:
"Let us remove your shorts."

MAY 25TH – NATIONAL MISSING CHILDREN DAY – On May 23, 1983 President Ronald Reagan proclaimed this day in the U.S. to fall on the same day as the International Missing Children's Day. The emphasis on child abduction

and abuse was brought to the public's attention after several instances of highly publicized



disappearances of children. In 1984 Congress named the Justice Department as a clearing house for sharing information to prevent child abuse and authorized \$40 Million in funding. The AMBER ALERT system, named for Amber Hagerman a 9 old child murdered in Arlington, Texas has alerted the public in current situations. You may recall a similar situation recently that returned a teenager to her family through the Amber Alert system in Mexico.

MAY 28TH – MEMORIAL DAY – An American holiday observed the last Monday in May and originally called Decoration Day. After the American Civil War, in 1868, Gen. John A. Logan sent out a General Order designating May 30th as the day to strew flowers on the graves of the fallen soldiers. Many towns were already decorating graves in the National Cemeteries established by the government. On the first Decoration Day

The Atkinson Files

This 'n That (*Continued*)



designated as a day to recall the fallen of all our wars. Solemn ceremonies parades, picnics and fireworks fill the day.

In the year 2000 a movement was begun to ask all citizens to observe a moment of silence at 3PM in memory of the fallen servicemen and women in all our wars. *Can we at Paul's Run take one moment on May 28th, 2018 to honor their memories?*

5000 volunteers placed flowers on 20,000 Union and Confederate soldier's graves in Arlington National Cemetery. In 1968 the Federal government moved the observance to the last Monday in May, making it a Federal holiday under the movement to provide three day weekends for Federal Employees. Waterloo, New York, was chosen from among the 20 towns holding ceremonies to be designated as the official birthplace of the holiday.

Over the years, there has been some contention arising over the changing of the date to the last Monday of May as it has now become the unofficial beginning of summer activities, with some feeling it is taking away the emphasis on the real meaning of the day.

Begun as a day to honor Union soldiers, some southern States decided to also still honor the birthday of Confederate President Jefferson Davis even though Memorial Day is now

UNSUNG HEROINS

This month, instead of outlining the specific contributions that a single woman made to society, I am going to write about the many women, unknown in name, who labored tirelessly for the organization called the Sanitary Commission during the American Civil War.

In a day when women could not enlist in the armed forces, in numerous towns and cities the women banded together into Soldier's Aid Societies to help the war effort by furnishing lint, bandages, hospital clothing and food delicacies not provided by the government. Lint was needed for the packing of wounds and the women took knives, laid cloth on a flat surface and scraped off the excess lint, a very laborious task. Despite their earnest efforts to assist, some rigid (male) members of the Medical Bureau of the War Department turned a cold shoulder to this aid, but on May 18, 1861, the Secretary of War realized the propriety of creating a group to organize these efforts and work with the Medical Bureau.

President Lincoln and the Secretary of War then gave permission to form the Sanitary Commission with its headquarters to be here in Philadelphia at 1307 Chestnut Street.



Funds had to be raised and wealthy men and insurance companies were approached for money. They divided the organization into three committees. The members of these committees did not receive any compensation but they did have to procure some paid workers to handle part of the work..

The first Committee, the Medical committee, sent medical inspectors who watched for perils from climate, malaria, or inadequate food.

The second Committee was for General Relief supplying clothing, hospital furniture and delicacies for the sick in the field, camp or

The Atkinson Files

This 'n That (Continued)



general hospitals. Many of the soldiers had to forage for supplements to their diet of hardtack and bacon. This committee was supported largely by the volunteer women in Ladies Aid Societies and Relief Associations.

Third was the Committee for Special Relief. They furnished homes to men on sick leave, to those traveling or just discharged from hospitals. They rendered assistance with receiving pensions, bounties and back pay and made up directories listing the names of all soldiers in U.S. hospitals or any other hospitals in the area, furnishing families and

friends with this information. Anxious families who had not heard anything about their loved ones were able to receive valuable information. Raising \$30,000 for supplies, they did their best to send the supplies to captives in Confederate prison camps, sometimes doing so under enemy fire as they attempted to deliver the food or clothing.

These committees were largely headed by men, but the unpaid women were the backbone of the organizations with their skill at raising funds and providing clothing and food.

Another group of women, the Hebrew Association for the Relief of the Sick and Wounded assisted the efforts of the Sanitary Commission.

A Night at the Movies

May 2018 Movie Program

By Jack Birnbaum

We want to welcome you to the first of many (I hope) great movie festivals., I think of these movies as recording our life history on film as “talkies began about 1927 and movies have entertained us, informed and have involved in most of our years. I hope you will find both new and old friends among these 100 great movies to be shown\ over the next few months.

7 P.M. TUE. May 1 - MARTY - with Earnest Borgnine and Betsy Blair

6:45 P.M. THUR. MAY 3 - CATCH ME IF YOU CAN with Leonardo Di Caprio and Tom Hanks

7 P.M. SAT. MAY 5 & SUN, MAY 6 - MY FAIR LADY (1969) A two-night showing of one of the greatest musicals starring Audrey Hepburn and Rex Harrison.

6:45 P.M. MON. MAY 7 - SILVER LINING PLAYBOOK (2012) Bradley Cooper Jennifer Lawrence and Robert Di Niro in a Philadelphia comedy romance.

6:45 P.M. TUES MAY 8 - THE VERDICT (1982) Paul Newman and Charlotte Ramping in one of the most gripping courtroom dramas ever made.

6:45 P.M. THUR. MAY 10 - FRIENDLY PERSUASION (1956) Gary Cooper and Dorothy Maguire as a Quaker family in the Civil War, drama with a conic touch.

7 P.M. SAT. MAY 12 - QUARTET (2012) Maggie Smith and Tom Courtney in retirement facility for musicians find love, humor, and skill is still possible.

7 P.M. SUN. MAY 13 - THE DEFIANT ONES (1958) Tony Curtis a white prisoner and Sidney Poirier, a black prisoner is chained together trying to escape capture.



A Night at the Movies

May 2018 Movie Program (*cont'd*)

By Jack Birnbaum,

6:45 P.M. MON, MAY 14 - *THE TOWN* (2010) Ben Affleck a bank robber with guilt feelings for a woman victim of his prior crime and a fear of the F, B.I.

7 P.M. TUES, MAY 15 - *LIFE IS BEAUTIFUL* (1997) Wonderful film.an Italian Jew who convinces his family\that being in a concentration is a game, (Eng. sub-tittles)

7 P.M. THUR. MAY 17 - *GOODBYE MR. CHIPS* (1939) Robert Donat and Greer Garson in the life story and career of a beloved English school master.

7 P.M. SAT, MAY 19 & SUN. MAY 20 - *THE COLOR PURPLE* (1985) The epic two-night story of the discovery by Southern negroes of their identity after years of slavery and abuse. Featured are Danny Glover, Whoopie Goldberg and Oprah Winfrey

6:45 P.M. MON. MAY 21 - *OKLAHOMA* (1955) With Gordon McRae, Shirley Jones and Rod Steiger, they just don't make them better than this,

6:45 P.M. TUES. MAY 22 - *THE PRIDE OF THE YANKEES* (1942) With Gary Cooper Teresa Wright Walter Brennan and Babe Ruth, a wonderful and true story.

7 P.M. THUR. MAY 24 - *THE GHOST AND MRS. MUIR* (1947) This ghost story with Rex Harrison and Gene Tierney is a love story and a darn good one at that.

6:45 P.M. SAT. MAY 26 - *GLORY* (1989) Matthew Broderick, Denzel Washington, and Morgan Freeman the first all-black volunteer unit in the Union Army.



A Night at the Movies

May 2018 Movie Program (*cont'd*)

By Jack Birnbaum,

7 P.M. SUN. MAY 27 - TEMPLE GRANDIN (2010) Clair Danes as Temple Grandin an Autistic woman who now is a top scientist in the humane handling of Livestock

7 P.M. MON. MAY 28 - TAXI DRIVER (1976) Robert Di Niro plays a disturbed taxi driver who plans violence against a politician to protect Jodi Foster,

6:45 P.M. TUES. MAY 29 - SUNSET BOULEVARD (1950) William Holden is seduced by elderly Gloria Swanson in delusion she turns violent when he tries to leaves her.

7 P.M. THUR. MAY 31- GLENGARRY GLEN ROSS (1992) Sparkling ensemble acting performance of real estate salesmanship and manipulative techniques.



The Box Office Buzz: Opera Corner

May 2018

By Jack Birnbaum

AS THE MOVIE PROGRAM WILL BE ABOUT THE 100 GREAT MOVIES FOR THE NEXT FIVE MONTHS THERE WILL NOT BE AN OPERA OF THE MONTH TILL OCT. 2018, Instead beginning this month in the Opera corner will be devoted to a more detailed description of several of those films. I hope you find this format both interesting and enjoyable.

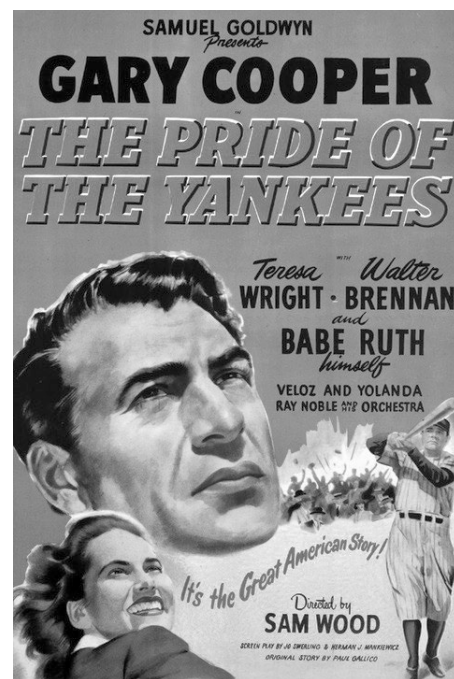
5/7/18 – **QUARTET (2012)** this English film tell a story of Beecham house, a senior residence for retired English musicians, named after the late Sir Thomas Beecham a great conductor, who was from a wealthy family producing laxatives. The institution caters to elderly men and women who performed primarily in Opera with prior relationships and is now engaged in organizing a performance to raise funds to continue operating,

Of special interest are the problems of living in an institutional setting like Paul's Run, the social adjustments and the special problems of aging. The cast headed by Tom Courtney and Maggie Smith and the music are first rate.

5/20/18 – **THE COLOR PURPLE (1985)** The epic two-night film presentation of the struggle of black Americans to discovering their identity in the south after the Civil War. The splendid cast of Whoopie Goldberg. Danny Glover and Oprah Winfrey in stunning technicolor trace the discovery of both woman and men of their roles as free people.



5/22/18 – **THE PRIDE OF THE YANKEES (1942)** The importance of Baseball as, Americas favorite sport was confirmed in this splendid film with Gary Cooper as Lou Gehrig, Theresa Wright and Walter Bennani, in the cast. The movie was embellished when Cooper as Gehrig made his great speech upon retiring from Baseball on contacting the fatal disease name after him.



It's PUZZLING

Searching for May - Spicy Salsa

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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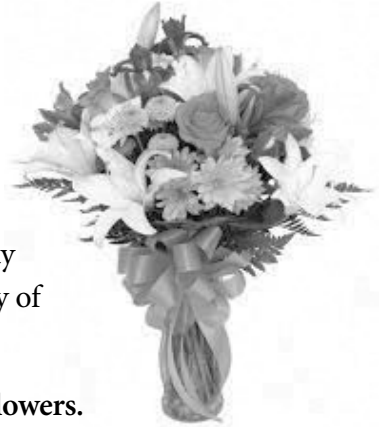


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Flowers for the Chapel

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.

FRIENDLY REMINDER

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

THANK YOU !

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.

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.



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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

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