

THE RUNNER



All About April

APRIL IS THE FOURTH MONTH OF THE YEAR IN THE GREGORIAN CALENDAR. It was originally the second month of the Roman calendar, before the addition of January and February. No one knows for sure how April got its name. Some say it comes from the Latin aperire, meaning “to open,” alluding to the opening of buds on trees and flowers in springtime. Others say April was named after Aphrodite, and still others say it was named for the goddess Eostre. Whatever the case, the onset of April means that spring has arrived.

BIRTHSTONE – DIAMOND

Diamonds have been valued for thousands of years, and not only for their glittery, sparkling beauty. This gemstone also happens to be the hardest material in the world, which makes it very useful, especially for cutting, carving, and polishing.

They are also said to bring love and harmony to those who wear the stone. It is fitting, then, that these brilliant gems are traditionally used in engagement and wedding rings. In addition, the diamond is the anniversary gemstone for the 10th and 60th years of marriage.

The Romans, who believed diamonds would make the wearer

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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

March 8, 2018

CENSUS	Independent Living	93.7%
	Personal Care	93.0%
	Nursing Home	96.7%

DEPARTMENTAL

Administration

- Primary Election Day is May 15, 2018 in the Greenhouse. If you need to register contact Community Life before April 16th to be eligible to vote this primary.
- A sincere thank you to all the generous volunteers we have at Paul's Run that make our community even more special. If you wish to volunteer, there are many opportunities, please contact Erin in Community Life or Josh in the General Store.

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.
- Thank you to all the residents for understanding the changes that were made during the inclement weather.

Community Life

Upcoming in April:

- 4/1 Easter Sunday
- 4/4 PC Seder
- 4/5 Kyoto Sushi & Hibachi
- 4/6 Willow Grove Mall
- 4/12 National Museum of American Jewish History
- 4/13 Barnes & Noble
- 4/19 Volunteer Appreciation Luncheon
- 4/20 Bristol Farmers market
- 4/26 Bring Your Kid to Work Day
- 4/27 Parx casino trip

FACILITIES

- B building lobby door has been repaired. We appreciated your patience and understanding.
- All elevators will be tested in April. They will be down 1 ½ hour each while being tested.

- Spring cleanup will be starting soon and planting of spring flowers to enhance our landscaping. If you have any suggestions please contact Angelo LoCastro at 215-934-3083.

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
- Holiday Service Schedule will be posted with information for all upcoming services.

LIBERTY WELLNESS

- Cold & flu season is here and we have had very few cases of the flu! 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.
- If you have been diagnosed with the Flu, please let Liberty Wellness know at 215-934-3050

All About April (*Continued*)

stronger, used them as amulets. In the Middle Ages, diamonds were thought to be a “miracle stone.” Diamonds were said to protect one from the plague and also cure a variety of ailments.

FLOWER OF THE MONTH – DAISY

April’s flower is the daisy, which has long been a favorite of gardeners everywhere. Daisies are beautiful, but they are also very easy to care for and will grow just about anywhere. Daisies are found everywhere in the world except Antarctica. Just add water and sun, and these little sunbursts add some brightness to any garden.

The daisy’s Latin name, *Bellis perennis*, translates to “everlasting beauty,” revealing just how cherished this blossom has been throughout the years. Because of their pure white color, they are a symbol of innocence and are considered the flower of children.

Daisies are edible and can be used in sandwiches, soups, and salads. The leaves can be found in potpourri and can be brewed to make an herbal tea. Daisies also have been used in homeopathic medicine. Because of their astringent properties, they have been used to treat skin infections and wounds.

WHAT’S LUCKY IN APRIL?

Lucky Color: Green

Lucky Letters: A and L

Lucky Number: 4 and 16

April Weather Lore

WE ALL KNOW APRIL SHOWERS BRING MAY FLOWERS, BUT HAVE YOU HEARD OF THESE APRIL WEATHER SAYINGS?

- A sunny April shower won’t last half an hour.
- If it thunders on All Fools’ Day, it brings good crops of corn and hay.
- A cold May and a windy April make for a full barn.

Birthday Colors

APRIL 1–10: NAVY

If your birthday color is navy, you have strong feelings about almost everything. Other people might say you are opinionated. You love your life, but you can be easily distracted.

APRIL 11–20: SILVER

If your birthday color is silver, you are creative and imaginative. You like to try new things. You can be shy, but you like to challenge yourself. You enjoy the chase, and in love, you are attracted to a romantic partner who plays hard to get.

APRIL 21–30: WHITE

Although you are highly respected, most people think of you as being a little different, in a good way. You set goals, and you like to dream big. You are always prepared and rarely surprised by what comes your way.

Chaplain's Corner

WE WELCOME ANOTHER CHAPLAIN!

Rabbi Ariel Tarash comes to Paul's Run with a deep passion for serving elders and many years of diverse experience as a social worker in the Jewish community. A native Philadelphian, she returned to study at the Reconstructionist Rabbinical College (RRC) pursuing her dream of becoming a rabbi. She graduated and was ordained in 2017. While at RRC she followed her passion, working with elders and those nearing end of life with rabbinic internships at senior adult residences including Paul's Run and with the hospice program of Jewish Family and Children's Services. Most recently she was a hospice chaplain for Abramson Hospice of the Abramson Center for Jewish Life. In Rabbi Ariel's long career in Jewish Communal Service prior to rabbinical school, she was a Jewish Family Service and hospice social worker, worked in Jewish Federations in community development and as a national grant coordinator and held positions in the Union of Reform Judaism and Hillel serving college students. She holds a BS degree cum Laude in Communications from Boston University and is a graduate of the Jewish Theological Seminary and Columbia University dual-degree program with a MA in Jewish Studies and a Masters of Social Work. She has a deep commitment to spiritual practice and completed a multi-year program in Jewish meditation. She is an alumnus of the Rabbis without Borders Student Fellowship, the ALEPH Alliance for Jewish Renewal's Davennen ' Leadership Training Institute for prayer leading and is trained as a mikveh guide. She has lived in Boston, New York, New Jersey and North Carolina. Rabbi Ariel enjoys spending time with her cat Tux, baking bread, writing poetry, composing chants from Jewish liturgy and texts, meditation and walks on the beach, in the woods and in urban neighborhoods.

Blessings,
Julie

Paul's Run Gratefully Acknowledges the Following Tribute Gifts

made between February 15, 2018 – March 20, 2018

In Memory of:

Mary Casciello
By Ms. Regina M.
Casciello

Beverly Cohen
By Mr. Robert Cohen

Anna Gelsner
By Mr. Bob Gelsner

In Memory of:

Wanda Poll
Mr. Robert Poll

In Honor of:

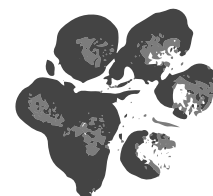
**Bob Cohen's 90th
Birthday**
By Mrs. Elsie
Leberstien Sachs
Mrs. Katrina &
Mr. David Wise
Ms. Cheryl Karabell

Homer would like to thank everyone who helped him celebrate his birthday, and especially those who made a gift to the Fellowship Fund:

In Honor of:

Homer's Birthday

Janis Bader & Michael O'Connor	Mr. Irving Priluker
Ms. Regina M. Casciello	Mrs. Fay Rauer
Elizabeth Ciaccia	Mary Rochford
Sister Barbara Cooke	Mr. Barry Roth
Mary G. Czupich	Stephan Sandler
Carolyn Dubbins	Norman M. Schwerin
Herman Frankel	Lillian Silverstein
Bob Gelsner	Marion Town
Miriam Kravitz	Edna Wilkinson
Angelo LoCastro	Caroline Willms
Richard Mansley	Anonymous
Helen Marimow	
Sister Agnes McDevitt	
Sister Geraldine Mikulec	
Mr. & Mrs. Fred Novasak	
Robert Poll	



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

ST. PATRICK'S DAY IS A DAY OF FUN, MUSIC, LAUGHTER, AND A WHOLE LOT OF GREEN! Personal Care residents kicked off the week by creating their own Pots of Gold. Shamrocks and gold glitter were used to turn an ordinary flower pot into a pot of gold that will be filled to the brim with delicious, sweet candy.



The Health Care Herald

THE RESIDENTS FROM THE HEATH CARE COMMUNITY MADE IRISH POTATOES FOR AN AFTERNOON TREAT! They used a family recipe from one of the homemakers from the 1st floor. They were absolutely delicious!!

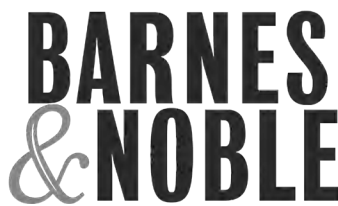


In the Month of April

- 4/5 KYOTO SUSHI & HIBACHI
- 4/6 WILLOW GROVE MALL
- 4/12 NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY
- 4/13 BARNES & NOBLE
- 4/19 WHOLE FOODS, TRADER JOES
- 4/20 BRISTOL FARMERS MARKET
- 4/26 RED LOBSTER LUNCH TRIP
- 4/27 PARX CASINO TRIP

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

NATIONAL MUSEUM OF
AMERICAN JEWISH
HISTORY



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.

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

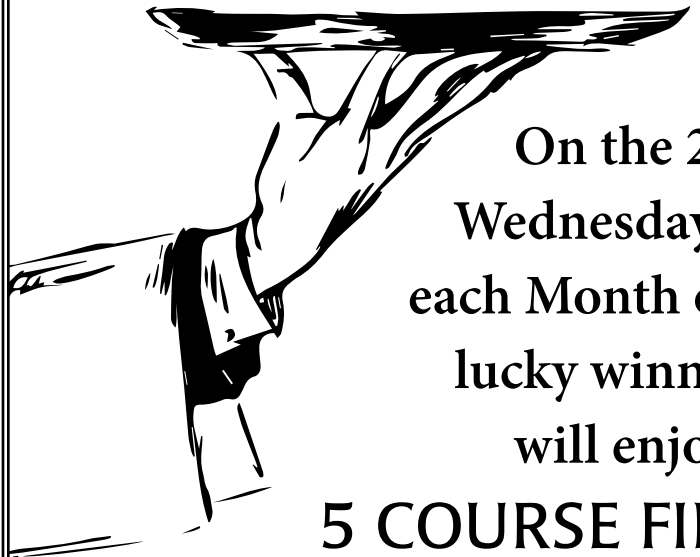
LOOKING FOR MODELS

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

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!

ENTERTAINMENT FOR IL IN APRIL

4/1 Krissy Johnson 2pm	4/18 Nick Canzanese 7pm
4/4 Dave Boyd 7pm	4/22 Johnny Turk 2pm
4/11 Annie Williams 7pm	4/25 Jimmy Edwards 7pm
4/15 Kristen Coyell 2pm	

Community Announcements

BRIDGE CLUB MEETS TUESDAYS

1PM IN THE RECREATION ROOM
NEW PLAYERS WELCOME!!!

YOGA WEEKLY WEDNESDAYS

11AM IN THE AUDITORIUM

4/11 & 4/25 LINE DANCING

4/19 VOLUNTEER
APPRECIATION LUNCH

4/9 - 4/13 WE ARE CELEBRATING
NATIONAL LIBRARY WEEK

HERE IS A LIST OF EVENTS

4/9 OPEN HOUSE 1-3PM STOP AND SEE
THE LIBRARY AND WHAT IT HAS TO
OFFER AND SOME LITE SNACKS

4/10 STOP BY AND TRY TO GUESS
HOW MANY BOOKS WE HAVE??
THIS WILL GO ON ALL WEEK
WINNER WILL BE ANNOUNCED
ON FRIDAY 4/13

4/11 THE LIBRARY COMMITTEE IS
OFF TO READ TO FINNEGAN'S
PRE-SCHOOL

4/12 LIBRARY COMMITTEE LUNCH IN
INVITE ONLY

4/13 WINNER ANNOUNCED FOR HOW
MANY BOOKS? ALSO BEN
FRANKLIN WILL BE HERE AT 2PM
TO TALK ABOUT THE FIRST
LIBRARY & MUCH MORE



**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@paulsrn.org



Monthly Diaries

April 2018 Monthly Diary

By Jack Birnbaum

RESIDENT PORTRAIT - BERNICE LEWIS # 12

“Excitement” was resident Bernice Lewis’ modality, with learning always its core
When, at one hundred, she found the capacity to reach through many, a new door
And using wisdom, in screening new visions appearing about both life and lore
Her excitement, a reward of sounder decisions than even those she made, before

In turn, this intensity spurred cogency, a hunger to attain, even more knowledge
But Bernice recognized her age limitations were greater than, her days at college
Mandating data collection take place at a pace slower than those of days of yore
Redacting learning, speed, recalculate the excitement level using a different score
Clearly Bernice Lewis was committed to being a part of becoming all she could be
Though age limited the transmission of goals, her excitement there, for all to see
She championed continuous learning both as a living history, as well as a heritage
Believing without knowing history man was more likely to live life, as a savage

Her calling, was, the excitement of improving her persona each day, in every way
Reaching out to others, taking part in many activities, continuing to have her say
At our facility guided by a respect for program activities where variance has value
The ability to communicate provided not only entry but promoted tolerance, too
Bernice Lewis in her role meshed meaningfully to Paul’s Run pursuit of its goal
Mutual respect allows individuals and community to move forward as a whole

Monthly Diaries

April 2018 Monthly Diary I

By Jack Birnbaum

MAN AND MONEY-A PUZZLEMENT

The coin of the realm is viewed and used by all mankind in many a different way
Both in philosophy and action the accumulation, usage, and motives are in play
Circumstances determine the degree and how we feel about money accumulation
Those who lack funds to acquire necessities can acutely sense what is desperation
In cases where opportunity to earn is lacking, at times, can lead to a life of crime
Others despair, drop out, being homeless, or addicted wandering aimlessly in time
While those who's income covers the necessities, budget to acquire some luxury
By trying to increase income, gaining possessions, and then live more sumptuously

Those who can purchase luxuries may link fund accumulation to social prestige
A status staple only if funds grow and as a pressure mounts it feels, like a siege
In accumulating funds, maintaining station, makes being wealthy an obsession
To some, great wealth is a tool of absolute power by the limitation of discretion
Forcing others who are to them beholding to follow and carry out their direction
And others in another sphere accumulate funds to independently follow their star
And make use of earnings reaching goals that satisfy and reinforce what they are

I don't know but I wonder, what propels people into taking such roles as a course
Is it the circumstances which is the determinist of the role or is character the boss?
Or a combining of experience, genetics, and opportunity that sends us down a road
Into an important relationship of money and character and a choice to be our mold
And then identifying all of us often, by the role we were chosen somehow, to play
I wonder if starting over would any choose to repeat it, or to choose another way?

Monthly Diaries



April 2018 Monthly Diary II

By Jack Birnbaum

ABOUT DIGNITY AND RESPECT

In the course of human relations dignity is a characteristic engendering respect
And as we age and accumulate wisdom, those who do not attain it, are suspect
For dignity signals, not only a self- respect, it also conveys a respect for others
A characteristic needed in a democracy where equality takes all men as brothers
And when not present in a nation, even our own, men become lords and masters
History shows, such a division can lead to victimization, as well as other disasters
Such as genocide, human slavery, wars, bondage, and some other human atrocities
Fostering nations governed by such as dictatorships. Caliphates, even Theocracies

Can democracy flower hosting those devoid of dignity and its companion, respect?
One must believe it cannot, making it imperative to recognize those we must reject
Those of this ilk depend on techniques which demean individuals, and also factions
Using slogans and labels stoking fear by linkage to rumor and to unpopular actions
Dehumanizing their victims applying stereotypes as a denial of dignity and respect
And when those stereotypes are of an emotional nature, they are difficult to correct

It behooves citizens of a democracy to expose and uproot use of such a calumny
And to play a role for the Union as Abe Lincoln said, to long endure, staying free
And stand with dignity and mutual respect conquering those who foment divisions
Trusting in democracy, a system of checks and balances to deliver wise decisions
With confidence that our nation with a tradition of taking immigrants who dream
Continue its march to reach equality abetted by its use of the immigration stream



Monthly Diaries

April 2018 Monthly Diary III

By Jack Birnbaum

TRUTH, VIRTUE AND THE PRESIDENCY

Questions about President Trump, who he is after ten months, still number one?
His beliefs, how he projects his character and what it is that causes him to run?
His vision, his perceptions that enable the assembly of what he sees as the whole
And how those perceptions of the truth determine his actions to achieve his goal
It's reasonable that President Trump will believe in the truth of in his perceptions
And allow Mr. Trump time, to test and adjust his character and his expectations

In the eye of the believer it is said lies truth if winning was the goal, it was true
In the primaries Mr., Trump with no record to defend, could attack, and did do
With innuendo, bravado an antiestablishment credo mixed an acting background
Promising only, he'd make America great again Mr. Trump an audience, found
During the election Mr. Trump intensified the tools used in the primary campaign
And like a movie star he campaigned that only he could make America great again
Although Mr. Trump lost the popular vote his election as President left not a doubt
Mr. Trump without experience in government expected his power to bail him out
Amid inexperienced appointees like he, rejected a study of government operation
President Trump had not adjusted a truth that rules of constitutional administration
With constraints not found in industry using negotiations and more coordination
Not only in decision making but in the planning stage for policy determination
All were culture changes not responsive to the political ploys used in the primary
Thus, creating major problems unless President Trump were to adopt new views
And add the skills and experience in governance so as to blend into newer truths



Monthly Diaries

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

By Jack Birnbaum

Virtue is a valued trait often described by sages as bringing their own reward
A challenge facing President Trump who feels it is virtuous to spread discord
After one year plus of his administration clearly there were few, if any rewards
At inauguration sworn to support and to uphold the Constitution he , did other
In our society it is considered a virtue to extend the love of self to your neighbor
In President Trumps America neighbors on a call will face a shotgun, at the door
And those immigrants who in hopes for a life of equality answering liberties call
President Trump welcomes them to liberty's statue fronted by a twelve-foot wall
Re the Constitution the President saw virtue not the event rather, who demonstrates
Charlottesville a racial march, not a violation but a tribute to the confederate states
Black football players protest of racial injustice, not seen as the use of free speech
By this President, is called unpatriotic and then treated as a major security breach
Gold Star Parents active politically are attacked as they are of the Moslem Religion
Black Gold Star patients reviled protesting improper Presidential death notification
Derided immigrant groups based on religion or country is used to formulate policy
A practice which has in almost all instance been overturned by Federal judiciary
Gender questions have risen in government, in media, and entertainment as well
Foreign policy issues have been handled by a system which at best is, pell mell
Mr. President the campaign was over a year ago and its time for us to keep score
And have you honor your words to be President of all not only those of your core
In Abe Lincolns words that a house divided against itself cannot continue to stand
To endure requires leadership sans malice and charity extended with an open hand
Our strength and greatness are rooted in the grand words of our own Constitution
And continued growth will come by the full use of equality as a national institution



Monthly Diaries

April 2018 Monthly Diary IV

By Jack Birnbaum

THE CHALLENGES OF LIFE

Tonight, I think it's not enough to wake in the morning just knowing I am alive
During a war even then where death was an everyday event, I expected to survive
In truth at eighteen in war, youth on my side while others around wanted me dead
And here I am going on 92 in a setting full of people rooting to get me out of bed
I've come to the conclusion that one way or another I'm not ready to be a ghost
In reality each minute of everyday in a many a ways death is here, always on post
I wake each morn feeling as always, ready to resume the daily dance of my being
I feel some aches and pains, forgetful at times, less adept in the doing of my thing
Yet I continue optimistic to face living since, there is so much to the table, I bring

Each morning I dress myself and attend to my grooming putting on my public face
I attend my plants, fix my breakfast, and review my schedule, fitting it to my pace
I revel in my writing and I'm so grateful when residents take the time it, to discuss
I hope what I write about is something important to them, not merely raising a fuss
I, much to my surprise, found poetry has become my favorite vehicle of expression
Poetry's rhythm, and word flow seems natural, as images flow out of my reflection
Allowing the sharing of my thoughts and feelings freely with the readers; that's you
My belief is man must continue to learn and grow regardless of age or of condition
And so, my writings and the movies I show are directly a part of a learning mission

History in film or writing presents events which over time, are destined to reappear
So, our being forewarned, alerts of some paths of which we might want stay clear
I write of personal history, my life's philosophy, my admiration of our democracy

Monthly Diaries



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

By Jack Birnbaum

I offer not solutions to life's problems but rather a process addressing life's mystery
Film offerings present a rich tapestry about human emotions in stories by the score
Some quote life directly, some compounding events, most tap reality into their core
Films uniquely allow us to walk in someone else's shoes, experiencing a situation
After many a film residents discuss its message that reflects their sophistication

And so, it is that I look at life as being different than before but still being relevant
I am no longer consumed by collecting of things as witness my auto, a recent event
I still pay heed to look presentable but no longer impress others with my wardrobe
I no longer want to be a B.M.O.C., I'm well satisfied to sharing of the social load
I no longer want others to admire me, I would rather have them call me, my bro
I no longer look to prove how much I know, I'd rather help others learn and grow
So, in short, I have in my Nineties realized something it took all these years to see
It was never about me, it was always about Community, that's what makes us free



Monthly Diaries

April 2018 Monthly Diary V

By Jack Birnbaum

RESIDENT PORTRAIT - RUTH MASTER # 25

Ruth Master a Paul's Run resident was in her late Nineties
She led an eventful life and appeared to be always at ease
Poland born in nineteen fifteen, arrived in America at four
Ruth grew up in Boston's bosom observed the Jewish lore
later married with two children and grandchildren galore
Serving as a girl scout leader she counseled all about life
Was active in synagogue while being a mother and a wife

One day as Harvard's Hillel needed help to mind the store
She volunteered help, in a relationship over 32 years more
Ruth grew as did this Jewish society, starting from scratch
Starting as a jack of all trades, molding into a needs match
House mother, counselor, administrator and not mention
Supervised Holidays taught cooking and food preparation

At Paul's Run Ruth adapted to the community seamlessly
Her wisdom attracted many friends, and that included me

Monthly Diaries



April 2018 Monthly Diary VI

By Jack Birnbaum

OPEN LETTER TO POTUS ON-HOPE, REALITY, AND CONCLUSIONS

At Inauguration you promised that your leadership would make America greater
Since then, I have awaited signs of progress, saying patience, they will come later
In the campaign I heard only you had a plan to begin to the clean- up the swamp
And then that a wall you'd build, Mexico paying, and ISIS we would en-clamp
You promised recreating jobs, great deals on trades, and a refurbished economy
Your plan was to conquer terrorism, improve defense and achieve racial equality
Your intent, lower taxes for all, an improved medical plan, firmer foreign policy
More control by people, less for Washington a lot but, I said let's wait and see
And so, one year later it seems relevant to assess what resulted have come to pass
As well an assessment of your competence and character, brought to do this task

At the outset, aware of your limited interaction with government and leadership
I had hope you would assemble a diverse staff, and effect an intense learning trip
Instead appointing likeminded others committed to an industrial model to install
Seemingly without awareness of Constitutional requirements, standing above all
On discovery you inflated the Presidency by the demeaning of judicial judgement
A concept designed to be part of checks and balances, a clear Constitutional intent
Thus, began a series of anti-constitutional Presidential actions being under taken
You have continuously attacked, the freedom of the press causing consternation
You attacked football players protesting racial injustice using freedom of speech
Condoned a violent racist rally based on protecting their traditions from a breach
You have attacked people who criticized based on their sex, ethnicity or religion
You've often subjected handicapped individuals and groups to face your derision



Monthly Diaries

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

By Jack Birnbaum

Your America I have found is not the America of which my father, then I, dreamed
Our America was the land of the Declaration where equality was planted as a seed
Our America ruled by Constitution laws protecting the unalienable rights of men
Our America, the land of Lincoln, a union united and committed to a society, open
To immigrants with charity to all, malice to none, the creation of a union omnibus
Our America negotiations led to unity, your America provokes division among us
In our America patriotism is love, in your America it stems from a political ruckus
Our Americas Alliances furthered mutual goals, in your America you view alliance
On a balance sheet assessing cost effectiveness as we do in buying of an appliance
Your America calls intelligence a conspiracy, and truth, coming from an adversary
In our America we make conclusions based on evidence not using imperial sorcery

So, after one year it's time to measure impacts on government and its institutions
I am basing this assessment on three phases namely, hopes, reality and conclusions
My initial hope that you would study to understand the role, never became reality
As you took your election as a mandate not to serve but, rule by fiat, not rationally
Your first-year program was only to undo all that was enacted by President Obama
Not to build on the good, or modify if needed, rather to obliterate, was your karma
You have ruled as a CEO using intuition although sworn to, use of our Constitution
You ranked yourself with Lincoln but unity is not your forte in a conflict situation
Rather you responded competitively, a use of rancor creates division all the more
Nor I believe, would Lincoln permit racial violence in defense of "traditional lore"
One wonders if a T.V show reviewing the record would find It one to be admired?
Then telling this apprentice for executive position that "as of now, you are hired"?

The Atkinson Files

April 2018

APRIL, THE MONTH WHEN WE GET TEASED BY SOME WARM AND RAINY days, promising us that winter is on the way out and little green shoots start peeking out of the ground, the forerunners to the plants that will display the flowers of May.

Appropriately the month is Lawn and Garden Month in addition to being known as National Poetry Month, Keep America Beautiful Month, and National Pecan Month. Sadly it was also tagged as Sexual Assault Awareness Month (so many items in the media about this subject lately.)

Several weeks are highlighted i.e. Library Week, Read a Road Map Week, (GPS systems are supplementing maps), Organize Your Files Week (a reminder we all can heed) and on the fun side - National Karaoke Week.



APR. 1ST – EASTER SUNDAY – Christians of every denomination celebrate the Resurrection of Jesus Christ with uplifting services in filled

churches with song and prayer, a highlight of the Christian year. The sanctuary is usually fragrant with the odor of tulips, hyacinths, and lilies banked at the front of the church with these plants being taken after the service to the sick and shut-ins.



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APR. 1ST – APRIL FOOL’S DAY – This year coincides with Easter. This is a day when many take the opportunity to play tricks on others.

APR. 2ND – DYNGUS DAY – The Monday after Easter, a Polish and Ukranian holiday originally designated to celebrate the first King of Poland to be baptized into the Christian religion. In modern times it has evolved into a day in which boys, hoping to attract the attention of girls, would throw water on them. (I was a student in the Philadelphia Public school system and we were always warned we had to attend classes that day. The Philadelphia parochial schools gave

The Atkinson Files

This 'n That (Continued)

their students the day off.) In 1960 many dance and singing societies began the day with large buffets featuring kielbasa, ham, fresh breads and eggs and polka dancing. (To the best of my knowledge, I think this custom has died out as members have to work that day)

APR. 4TH – SCHOOL LIBRARIAN DAY

APR. 5TH – NATIONAL DANDELION DAY – Gardeners wage a battle against these weeds that carpet the lawns almost overnight every spring.

APR. 6TH – PLAN YOUR EPITAPH DAY – A rather morbid thought!

APR. 7TH – NO HOUSEWORK DAY – Everyone who maintains a home will embrace this day!

APR. 9TH – WINSTON CHURCHILL DAY – Anyone who was listening to the radio as World War II was upon us will remember his dulcet tones as he spoke from London even as the bombs were falling, inspiring hope and a determination to fight back against the aggressors. As Prime Minister of Great Britain he refused to even mention defeat but spoke in an optimistic manner to encourage flagging spirits in a very difficult time when the Axis Powers appeared to be winning.

APR. 11TH – BARBERSHOP QUARTET DAY – Paul's Run residents have been visited by a local well known group who sang during a Sunday worship service a few months ago.

APR. 15TH – TITANIC REMEMBRANCE DAY – The day on April 15th, 1912, when the “unsinkable ocean liner” hit an iceberg and sank with a huge loss of life. Many of the victims were extremely wealthy and well known members of high society from both the United States and abroad.



APR. 17TH – INCOME TAXES DUE TO I.R.S.

APR. 18TH – INTERNATIONAL JUGGLERS DAY – Not the entertainers we associate with this phrase but it refers to workers in

offices trying to multi-task all the requirements of their job.

APR. 20TH – VOLUNTEER RECOGNITION DAY – Americans from all walks of life and different circumstances freely give of their time and funds to support hundreds of charitable causes to benefit their fellow men. Here at Paul's Run, some of our residents are engaged in different programs to ease the burdens of local citizens and many of us are recipients of kindnesses.

APR. 22ND – EARTH DAY (IN THE U.S.) – A day to resolve to preserve the Eco-System by careful use of our land and seas.

The Atkinson Files

This 'n That (Continued)

SMILES

It has been proven by medical researchers that smiling boosts our mood even when we are feeling blue. It increases positive thoughts, lowers our blood pressure, boosts our bodies' immune systems helping us to fight off illnesses, releases natural pain killers in our bodies and creates stronger social bonds with others. Hoping that reading the following puns (word or phrases with double meanings,) will bring a big smile to you today I have listed below some I received from a friend in Maine. More in next month.

A SIGN IN A SHOE REPAIR
STORE IN VANCOUVER
We will heel you
We will save your sole
We will even dye for you.

A SIGN ON A BLINDS AND
CURTAIN TRUCK
"Blind man driving "

IN A PODIATRIST'S OFFICE
Time wounds all heels

AT AN OPTOMETRIST'S OFFICE
"If you don't see what you're looking for
You've come to the right place."

ON A PLUMBER'S TRUCK
"We repair what your husband fixed"

ON ANOTHER PLUMBER'S TRUCK
"Don't sleep with a drip. Call your plumber".

KEEP SMILING, YOU WILL GAIN
MANY FRIENDS!!



APR. 26TH – NATIONAL PRETZEL DAY –
All types of pretzels are consumed in the U. S. but the most popular are soft salt pretzels spread with mustard! Many years ago boys trying to earn money would fill wicker baskets at the pretzel factory and then walk through neighborhoods selling their wares.

APR. 27TH – NATIONAL PRIME RIB DAY
– A perfect way to celebrate a birthday or anniversary with a juicy, tender steak! Almost makes one's mouth water just to think of it!

APR. 28TH – KISS YOUR MATE DAY –
Everyone likes to know they are loved and appreciated.

APR. 30TH – NATIONAL HONESTY DAY –
Despite what we hear and see in the media, the overwhelming majority of those we deal with value honesty as a virtue to be practiced at all times.

MARY A. BICKERDYKE

As I contemplated what woman to feature this month who has made a contribution to the lives of mankind, I thought of the many nurses who have given unselfishly of themselves to heal and comfort those in the throes of illness, many times at risks to their own health. I recalled the story of Mary A. Bickerdyke, fondly known to the foot soldiers of the Union Army during the American Civil War as “Mother Bickerdyke”. Following is her story----

Born Mary Ann Ball, July 1817, she married in 1847, after graduating as one of the first women from Oberlin College in Kent County, Ohio, and training at Cincinnati Hospital. A woman of humble origins, she found herself left a widow at the age of 40 with two young sons and a demanding position as a hospital administrator. A letter was read at her First Congregational Church speaking of the filthy conditions at the military hospitals. \$500 was raised to purchase supplies but no one wanted to deliver them so Mary Bickerdyke volunteered to travel to distribute them to the hospitals.





The Atkinson Files

This 'n That *(Continued)*

Mary devoted all her attention to the privates in the Union army as she felt the officers had funds to purchase any of their needs, but in order to treat the soldiers she had to find someone to care for her two sons. Mary Livermore, well known for her association with the Sanitary Commission, found her a family with whom they could live temporarily.



To improve the men's diets, she bought cows and chickens, finding free and escaped slaves to take care of the livestock and provide dairy foods for the soldier's diet. She established 300 field hospitals, served at many battlefields and

won the devotion of the men in the field who called her "Mother Bickerdyke".

She was a very strong-willed person who paid no attention to military procedures thus incurring the wrath of high ranking officers who complained to Generals Grant and Sherman. Their reply was "I can't do anything in the world about it, she outranks me!" She was labeled the Brigadier Commander of the hospitals as she let nothing stand in her way if she felt an action would benefit the men. At the close of the Civil War, she rode in the Grand Review in Washington, D.C. to the cheers of the veterans lining the streets.

In the period after the end of the war she used information she had acquired in studying law to help 50 veterans and their families move to Kansas under the provisions of the Homestead Act.

In 1886 a special bill was passed in Congress to give her a \$25. monthly pension. After

her death in November 1901, statues of her were erected in Galesburg, Illinois and Mount Vernon, Ohio. In October 1943 a Government hospital ship was named for her in addition to a bridge in Galesburg.

A life spent in working for others with no regard to the cost to her personal life. What a wonderful inspiration to us all!



Monthly Boulevards

April 2018 Monthly Boulevards

By Jack Birnbaum

BOULEVARD A — This month's premier for the month of May will feature the first episode of a five-month festival entitled "100 of the Greatest Movies of Our Time+", These films received the highest ratings from critics and select audiences and many were seen here and received your plaudits, as well as my own, Each of the programs will appear in the runner for that month and a poster listing all 100 along with the dates by the day and for your information and consultation. But in advance let me list the first two features to wet your apatite:

7 P. M, Tues May1 – 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

Happy viewing!

BOULEVARD B — During The month of April some 18 films will be show including 8 shown by adding to the list resident requests as well as the comic American opera Candide by Leonard Bernstein. The remaining films include a mixture of new and vintage movies of drama, romance coming of age and adventure



A Night at the Movies

April 2018 Movie Program

By Jack Birnbaum

The eighteen films shown this month include four musicals, two foreign classics, two coming of age stories, a comedy, an action drama, several family dramas, and a documentary drama. The Opera of the month is Leonard Bernstein's laugh aloud comedy Opera, Candide with an easy to follow narrator.

7 P.M. SUN. APRIL 1 - THE TIME TRAVELERS WIFE (2009) Eric Dana and Rachel McAdam's in an unusual light story of a "celestial" relationship.

7 P.M. MON. APRIL 2 - MEGAN LEVEY (2016) Kate Mara flees a vacant life into the Marines in Afghanistan, bonding with a dog in an outstanding Human drama. *

7 P.M. TUES APRIL 3 - SHALL WE DANCE (1938) and Ginger Rogers' answer to Fred Astaire question is, as might guess, yes and then some.

7 P.M. SUN. APRIL 8 - STRIKE UP THE BAND (1940) If big bands and great songs are your cup of tea then Judy Garland and Mickey Rooney will serve it up hot.

7 P.M. MON. APRIL 9 - THE RIVERS (1969) Steve McQueen plays a southern reprobate who exposes a young boy to the rite of passage—it's fun!

6:45 P.M. TUES. APRIL 10 - THE LAST CASTLE (2003) A rousing story of a military prison insurrection with a great cast led by Robert Redford and James Gandolfini.

7 P.M. SUN. APRIL 15 - Leonard Bernstein's comic Opera Candide in a rousing performance; See the opera corner for full details



A Night at the Movies

April 2018 Movie Program (*cont'd*)

By Jack Birnbaum,

7 P.M. MON. APRIL 16 - THE LIFE OF A KING (2013) Cuba Gooding Jr. an ex-felon, runs a chess Club, redeems himself helping other delinquents in Washington D.C.*

7 P. M TUES. APRIL 17 - THE HEDGE HOG (2011) A fine foreign film of coming of age and a romance of a a concierge and a Japanese tenant; (English sub titles)

7 P. M. SUN APRIL 22 - I SAW THE LIGHT (2016) The musical biography of the famous country western singer Hank Williams, and his battle with alcoholism,

7 P.M. MON. APRIL 23 - THEIR FINEST (2016) A government division produces a film about the evacuation of Dunkirk in WWII.

7 P.M. TUES. APRIL 24 - THE MAN IN THE MOON (1991) Sam Waterson in a charming coming of age movie in the Elvis Presley era

7 P.M. SUN, APRIL 29 - ELIZABETHTOWN (2005) Orlando Bloom and Christian Dunst must be made for each other. How else can you explain it?

7 P.M. MON. APRIL 30 - REVERSAL OF FORTUNE (1990) Wealthy brain dead Socialite Sunny von Bulow her convicted husband Claus, hires Alan Dershowitz to appeal.



The Box Office Buzz: Opera Corner

April 2018

By Jack Birnbaum

THIS MONTH'S OPERA IS CANDIDE, COMPOSED BY LEONARD BERNSTEIN who also composed the musical West Side Story. The Operetta Candide, like West Side Story, which is based on Shakespeare's Romeo and Juliet, is also based on a classic written by the French Philosopher Voltaire in 1759. In both cases the music and the dialogue are contemporary and satirize current institutions, (added to Shakespeare's work in the musical), while faithfully following Voltaire's writings in the operetta. In West Side story songs with like "Everything's all Right in America-I'm So Pretty and Officer Krupsky" reflect some current societal concerns, while all the arias in the Candide operetta are directly reflective of Voltaire's visions.

Candide (the optimist) was written by Voltaire a philosopher in the age of enlightenment and published as a novella in 1759. The story pictures a young man (Candide) who along with 3 others is indoctrinated with optimism, "This is the best of all possible Worlds", by their mentor (Professor Pangloss). The work follows their slow painful disillusionment as they witness and experience the great hardships in the world to the point where Candide if not in outright rejection of optimism, sings "we must cultivate our garden" advocating a more practical concept of living.

Candide the operetta, was first performed in 1956 using a Libretto by Lillian Hellman and the music was immediately appreciated but the operetta itself was largely unsuccessful because of the libretto. In 1989 a new libretto more faithful



to Voltaire's novel was written, mainly by the poet Richard Wilbur with contributions from many other artists including Dorothy Parker, Lillian Hellman, Stephan Sondheim and Leonard Bernstein and the revised operetta has become enormously popularity since the introduction of the new libretto. Major music schools in the U.S. perform it often because of the quality of the music and the performance opportunities it provides for their students.

If I were asked to explain this phenomenal development I would say:

Because it is fun to watch or to perform in this operetta.

LIBRETTO SYNOPSIS

The Operetta begins with an Overture, the chorus welcomes everyone to Westphalia and the narrator(s) tell the story!

It's PUZZLING

Searching for April

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

Y	C	G	G	G	B	Y	W	B	S	I	L	A	R	W
D	A	I	T	A	S	M	L	N	Y	H	C	P	Z	I
G	X	D	S	R	K	E	A	I	G	G	I	V	H	O
L	R	K	N	Y	M	E	I	B	L	M	T	Q	E	M
K	E	A	N	U	B	C	H	O	C	O	L	A	T	E
T	Y	N	T	Y	S	Q	X	U	Z	Y	L	J	C	K
G	U	T	L	I	T	I	A	Q	R	E	T	S	A	E
B	Z	L	E	G	T	P	E	U	C	H	I	C	K	D
N	E	N	D	A	R	U	D	E	H	R	O	U	Y	O
J	L	T	A	A	S	A	D	T	C	P	W	E	F	T
W	H	O	R	L	X	R	S	E	A	E	D	W	V	O
R	W	I	A	U	G	U	T	S	N	A	S	R	Z	I
J	E	Q	P	H	B	Q	N	T	D	I	T	I	O	P
J	P	T	I	J	Z	N	U	R	Y	V	O	J	N	H
O	O	T	S	G	G	E	H	K	B	N	R	N	G	O

BASKET
BOUQUET
BUNNY
CANDY
CHICK
CHOCOLATE

DYED
EASTER
EGGS
GRASS

GRATITUDE
HUNT
JELLY BEANS
LILY
PARADE
SUNDAY



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Your choice.*

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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.



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

or

Manicurist

Wednesday & Friday
9 am-4 pm

or

Call Anne Amato
for an appointment.
215-934-3055

WALK-INS WELCOME!

