

# The Middletown Homespun News

COURTYARD GARDENS NURSING & REHABILITATION  
CENTER, CRESCENT VIEW PERSONAL CARE,  
WEST VIEW TERRACE APARTMENTS

Get your  
**Middletown  
Home Cookbook!**

They make great  
Christmas Gifts!



**\$15.00 Each**

## FALL/SUMMER FIRES

In the other gardens  
And all up the vale,  
From the autumn bonfires  
See the smoke trail!

Pleasant summer over  
And all the summer  
flowers,  
The red fire blazes,  
The gray smoke towers.

Sing a song of seasons!  
Something bright in  
all!  
Flowers in the summer,  
Fires in the fall!

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## Courtyard Gardens Nursing & Rehabilitation Center Activities

- **Exercise Class**, 9:30am, Monday-Sunday, Activity Room
- **Morning Social**, 10:15am, Monday-Sunday, Activity Room
- **Nail Salon**, 1:30pm, Tuesdays, Activity Room
- **Movie Night**, 6:30pm, Saturdays, Lobby
- **Bingo**, 6:30pm, Tuesdays, Dining Room
- **Church Services**, 2:30pm, Sundays, Chapel

### Special Events:

- **Flying Scotsman**, October 7, 2:30pm, Dining Room
- **Darrin Grove, Musician**, October 14, 2:30pm, Dining Room
- **Dr. Spangler, Singer**, October 21, 2:30pm, Dining Room
- **Birthday Party!** October 25, 2:30pm, Dining Room
- **M'n'M Connections Karaoke**, October 28, 2:30pm, Dining Room
- **Halloween Party with Tune Weaver**, October 31, 2:30pm, Dining Room

### Bus Trips:

- **Fall Ride**, October 13, 6:30pm
- **ABC Lanes Bowling Trip**, October 18, 9:30am
- **Hollywood Casino**, October 20, 12:30pm

### Ecumenical Chapel Services

October 02, **Pastor Eckert**, 2:30pm, Chapel  
October 09, **Pastor Eckert**, 2:30pm, Chapel  
October 16, **Pastor Shiery**, 2:30pm, Chapel  
October 23, **Pastor Shiery**, 2:30pm, Chapel  
October 30, **Pastor Shiery**, 2:30pm, Chapel

# S P O O K Y N I G H T S

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

- CANDY
- COBWEBS
- COSTUMES
- DARKNESS
- FOGGY
- JACKOLANTERNS
- KIDS
- MOON

**E m p l o y e e   A n n i v e r s a r i e s ,   B i r t h d a y s ,  
a n d   O u r   N e w e s t   A d d i t i o n s**

**Employee Birthdays**

**Darlene Hemperly,**  
10/01  
**Robbin Barnes,**  
10/02  
**Deborah Aumiller,**  
10/03  
**Pauline Mudacumura,**  
10/04  
**Gordana Hrgic,**  
10/05  
**Denise Imler,**  
10/07  
**Jenna Swope,**  
10/09  
**Gwendolyn Fetter,**  
10/09  
**Dawn Evans,**  
10/11  
**James Lear,**  
10/12  
**Anita Zemaitis,**  
10/19  
**Shelia Hopkins,**  
10/19  
**Stephanie Homsher,**  
10/19  
**Naomi Engle,**  
10/20  
**Debra Manfred,**  
10/20  
**Nikki Brown,**  
10/27  
**Patti Ridilla,**  
10/30

**Employee Anniversaries**

**Pauline Mudacumura**  
10/04/2005  
**Loran McCall**  
10/04/2005  
**John Klahr**  
10/09/2007  
**Dawn Evans**  
10/09/2007  
**Naomi Engle**  
10/21/1986  
**Angela Serpe**  
10/23/2007  
**Brenda Styer**  
10/26/2010  
**Marilyn Reid**  
10/26/2010  
**Angela Reigle**  
10/28/2009  
**Heidi**  
**Ramirez-Vazquez**  
10-30/2008

**Welcome New Employees**

**Maryam Lewis,**  
C.N.A.  
**Shymemae Lyles,**  
Housekeeping  
**Maureen Cuprys,**  
L.P.N.

**Reminders from The Human Resources Department:**

- Wear your name tag—if you forget or misplace yours, ask the receptionist for a temporary one.
- Check monthly postings (near the time clock) for necessary attendance for Employee Education Day.
- Check postings at the time clock for Mandatory meeting dates—MANDATORY MEANS MANDATORY!
- Employees must park their vehicles in designated areas only—Do not park in areas that say resident/visitor parking or park in handicapped parking if you do not have a handicapped sticker on your vehicle.
- Report ALL employees injuries to your supervisor immediately...even if no medical treatment is necessary.
- Take your lunch.....It's your time to Relax and Recharge.
- Remember to punch the time clock, especially for lunch breaks.
- Do not park in the Employee of the Month space if you are not the Employee of the Month!

## RESIDENT OF THE MONTH



**Gerry Campbell** was born and raised in Harrisburg, PA. She has one daughter and many nieces and nephews. Gerry has traveled extensively through the United States including; the Grand Canyon, Yellowstone National Park , Mt. Rushmore and throughout Maine.

Gerry's favorite activities include; singing, playing bingo, bus trips, and spending time outdoors. Gerry is a member of the Middletown Home's Bowling Team and the Resident Council. She resides in room 125. Congratulations Gerry !

## I've Got A Story to Tell

Interview and Story By: Ren Overmiller,  
Personal Care Resident



My name is **Judith Badensky (Employee/Dietary Aide)** and I have a story to tell.....

I was born in Kecskemet, Hungary in 1944. When I was three months old my parents died in a concentration camp in Germany in 1944. We were Jewish. I lived in orphanages until I was twelve years old. Then I lived in foster care until I went to college. I studied speech therapy for four years at the University of Barczi Gusziav in Budapest, Hungary. Then onto the University of Eotvos Lorand, also in Budapest where I studied Physiology for three years. This prepared me for my life's work with kids ages 16 to 22 years.

I have two sons, Zoltan, now 44, born in Chantilly, Hungary. He and his wife, Ava, have three daughters all born in different countries. Natalie, 20, was born in South Africa, Michelle, 16, born in Vancouver, Canada, and Sophia, 13, born in Richmond, Virginia, U.S.A. My son works for Exxon-Mobil Company. My second son, Peter, 36, was born in Hungary and now lives in Zurich, Switzerland and has no children. This is surely the original United Nation family.

I was always a "sports nut" and that's how I became involved in tennis. I first started out running, then gymnastics and then at age 30 I became interested in tennis.

My other interests include classical/opera music, family, kids, reading and hiking. I also sky dived at the age of 66. Indeed a "sports nut!"

As a senior professional tennis player, I played in Paris, Las Vegas, Sarasota, Chicago and other places. I once played Serena Williams, and that's HUGE! I play singles tennis, women's doubles and mixed doubles. In a tournament I played Roland Garos in Paris and I took fifth place. This is a World Event!

My next events are in the Dominican Republic, next month in October.....

**H a p p y   B i r t h d a y   R e s i d e n t s !**



**Elizabeth Myers**

**10/01**

**Mary Baker**

**10/05**

**Winnie Fabula**

**10/08**

**Helen Houliston**

**10/10**

**Evelyn Stone**

**10/14**

**Jennie Ross**

**10/14**

**Mary Crum**

**10/17**

**Cathryn Metzler**

**10/18**

**Dee Murray**

**10/21**

**Winifred Naples**

**10/22**

**Dottie Shenck**

**10/25**

## N u t r i t i o n   T i d b i t s

### The Nutritional Value of Pumpkin

The bright orange color of pumpkin tell us that pumpkin is loaded with an important antioxidant, beta-carotene. Research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease as well as other diseases, some that may lead to the degenerative aspects of aging. Besides beta-carotene, pumpkin is a good source of fiber and potassium and is low in fat and calories.

It's that wonderful time of year when we can enjoy fresh pumpkin. Sure, you can always buy the canned, but if you have tasted fresh pumpkin, you really should try it. Just buy a "pie" or neck pumpkin. Cut it in half and scoop out the seeds and stringy pulp. Sort out the seeds (a fun job for children) and set aside to roast or dry. Put the cut side of the pumpkin down on a large cookie sheet or baking dish and bake at 375 degrees for 1 – 1 ½ hours. Scoop the pumpkin out of the shell and puree in a processor or blender. The fresh pumpkin can be frozen for later use in cookies, soup, pancakes, breads, pudding, as well as pie. Be sure to thaw in the refrigerator and allow to drain in fine mesh sieve overnight.

### Pumpkin Pancakes

2 cups all purpose flour (OR whole wheat flour OR 1cup oat bran + 1 cup flour)

3 tablespoons packed brown sugar

1 teaspoon pumpkin pie spice

1 tablespoon baking powder

1 ¾ cups milk

2 eggs, lightly beaten

¾ cup fresh or canned pumpkin



2 Tablespoons canola oil

1. In a large bowl combine flour and other dry ingredients. In a second bowl combine eggs and remaining ingredients. Stir milk mixture into flour mixture until slightly lumpy.

2. Heat a lightly greased griddle or heavy skillet over medium heat. For each pancake pour 1 quarter cup batter onto griddle. Cook until golden; turn when tops are bubbly and edges are slightly dry (1 to 2 minutes per side).

Makes 16 pancakes.





**God saw you getting tired  
And a cure was not meant to be  
So he put his arms around you  
And whispered "Come to me."  
With tearful eyes we watched you,  
As we saw you pass away.  
Although we loved you deeply  
We could not make you stay.  
Your Golden Heart stopped beating,  
Hardworking hands at rest.  
God broke our hearts to prove to us,  
He only takes the best.**

**Author Unknown**

*In Loving Memory*

*Richard Simpson, 09/11/11*

*Virginia Gardner, 09/11/11*

## Crescent View Personal Care and West View Activities

- **Coffee & Chat** every morning at 9:00am–2nd Floor Activity Lounge
- **Laugh & Limber** Monday through Friday at 10:00am–2nd Floor Lounge
- **Bible Study with Stephen**, 2nd & 4th Mondays at 6pm–2nd Floor Lounge
- **Craft Circle** every Monday at 1pm–2nd Floor Lounge
- **Baking** every Friday at 1pm–Board Dining Room
- **Nail Salon** every Tuesday at 1pm–2nd Floor Lounge
- **Belt Out the Tunes** every Friday at 1pm–Board Dining Room
- **Bingo** every Wednesday at 1pm–2nd Floor Lounge
- **Music Special** every Thursday at 1pm–2nd Floor Lounge
- **West View Terrace Luncheon** 3rd Wednesdays at 11:30am–Board Dining Room
- **Personal Care Resident Council** every last Wednesday at 10:30am–2nd Floor Lounge
- **Walking Club**, Four times weekly at 2:30pm–2nd Floor Lounge/Board Dining Room
- **Brain Bunch**, Monday thru Friday at 10:30am–2nd Floor Lounge
- **Order Out Meal**, Monthly at 12pm or 4pm–Board Dining Room
- **Pet Therapy**, Monthly at 6:30pm–Seating Near Elevators
- **Giant Crossword Puzzle**, Mondays at 1:30pm, 2nd Floor Lounge
- **Coffee and Doughnuts**, First Fridays at 9am, 2nd Floor Lounge
- **Intergenerational, Girl Scout Visits**, Monthly, November thru June, 6pm, Board Dining Room
- **Church Services**, Every Sunday at 2:30pm, Chapel
- **Wii Games**, Every Tuesday at 2pm, 2nd Floor Lounge

### Special Events:

- **Order Out Lunch from KFC**, Wednesday, October 12, 11:45am, Board Dining Room
- **Octoberfest Lunch**, Thursday, October 20, 12pm, Dining Room
- **Ice Cream Social**, Thursday, October 20, 2pm, Board Dining Room
- **Trick or Treat Bingo**, Wednesday, October 26, 1pm, 2nd Floor Lounge
- **Trick or Treat Night**, Monday, October 31, 6:15pm, Room to Room



### Bus Trips:

- **Hollywood Casino**, Thursday, October 6, 1pm, Meet at East Exit
- **Dollar Tree**, Thursday, October 13, 1pm, Meet at East Exit
- **Breakfast @ Brownstone**, Thursday, October 27, 8am, Meet at East Exit



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**Where loving is a "Natural Way of Life"**

## *The Middletown Home's Mission*

The Middletown Home will serve our surrounding communities by providing the highest practicable quality of care by a dedicated, rewarded, and caring staff. Our continuing care retirement community is committed to the Odd Fellows principle of caring for the elderly in need, aging in place, and assurance of care all provided within an environment that embodies holistic wellness and the values of Love, Truth, and Faith.

### M a n a g e m e n t

### N a m e

### E x t

### E m a i l

Administrator	Jim Faust	4113	jfaust@middletownhome.org
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If you would like us to publish an article or make an announcement in the newsletter, please contact Shelly Janicelli at (717)944-3351 ext. 4122 or email sjanicelli@middletownhome.org.