

The Middletown Homespun News

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

Please accept our apologies for incorrect dates for the "In Loving Memory" page last month and a missed Birthday.

Corrections are as follows:

Polly Ober,
07/19/2011

Evelyn Clemson,
07/21/2011

**Belated Birthday to*
Mary Clare Stinson,
08/15

National Grandparents Day, Sunday, 09/11/2011

A Poem for Grandparents

From early in the morning,
 Until I go to sleep each day,
 I know my grandparents love me,
 In a very special way.
 Sometimes it's tea and crackers,
 Sometimes a walk in the park,
 Sometimes it's just a hug when I'm scared and in the dark.

I love to hear their stories,
 About the past and where they're from,
 And I know their hearts are filled for me,
 With never ending love.

- *Unknown Author*



Take some time on this special day to let your grandparent(s) know how important they are:

- Take them out to lunch
- Eat a meal with them in our dining room (Please call Dietary to reserve a meal at 944-3351, ext. 4136.)
 - Take them out for Ice Cream
 - Spend some special time just visiting

INSIDE THIS ISSUE:

Nursing Activities	2
Fun Page	3
Employee News and Contacts	4&11
Resident of the Month	5
Campfire Pictures	6
Resident Birthdays	7
Nutrition Tidbits	8
In Loving Memory	9
Personal Care & West View Activities	10

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
- **Rosary Prayer**, 2pm, Station 2 Lounge

Special Events:

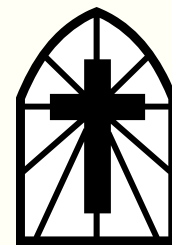
- **Darrin Grove, Guitarist/Vocalist**, September 2, 2:00pm, Dining Room
- **Labor Day Party**, September 5, 2:00pm, Activity Room
- **Cooking Around the World with Hospice**, September 6, 2:00pm, Activity Room
- **Resident Council Meeting**, September 9, 1:30pm, Activity Room
- **Tune Weaver**, September 16, 2:00pm, Dining Room
- **Campfire Cookout**, September 22, 6:30pm, Behind Nursing Courtyard
- **Apple Pie Social**, September 23, 2:30pm, Dining Room
- **Birthday Party**, September 26, 2:30pm, Dining Room

Bus Trips:

- **Trip to ABC Bowling Alley**, September 27, 9:30am
- **Fall Bus Ride**, September 29, 6:30pm

Ecumenical Chapel Services

Pastor Shiery, 09/04/11, 2:30pm
Pastor Eckert, 09/11/11, 2:30pm
Pastor Shiery, 09/18/11, 2:30pm
Salome Lodge, #30, 09/25/11, 2:30pm



Grandparents

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

- CANDY
- FUN
- HUGS
- KISSES
- LOVING
- PROUD
- SPECIAL
- SPOIL

**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

Catherine Moran 09/01
Lakita Crawford 09/07
Nicole Neidlinger 09/07
Pricilla Bullock 09/07
Niema Aiken 09/08
Lu Ann Ishaq 09/09
Iesha Peyton 09/09
Rochelle Stuter 09/14
Jeremy Stahl 09/14
Betsy Serrano 09/16
Brandon Reigert, Sr. 09/18
Elise Thomas 09/24
Joel Frank 09/25
Jakenyia Fells 09/25
Brenda Styler 09/26
Nancy Miller 09/27
Jaime Reitzi 09/27
Sophia Amoako 09/30

Employee Anniversaries

Jill Zook 09/01/1992
Shannon Kautz 09/01/2009
William Doncevic 09/01/2009
Paula Richmond 09/06/1985
Gerald Hoover 09/15/2009
Dawn Gallagher 09/20/2004
Shannon Buchanan 09/24/2008
Kathy Secord 09/26/1985
Kortni Garcia 09/30/2009
Lakita Crawford 09/30/2009
Karen Barnhart 09/30/2009

Welcome New Employees

Sheryl Lee,
C.N.A.
Judith Badenszky,
Dietary
Dauida Williams,
C.N.A.
Brandon Reigert, Sr.,
C.N.A.
Dalyn Freed,
C.N.A.
Tara Anderson,
C.N.A.

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 employee 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



Ruth Smith was born in Queens Junction, PA and spent most of her childhood growing up on a farm. Ruth married Warren Smith many years ago and they moved to Middletown, PA. Ruth was employed at the Middletown Home in the Nursing Department for quite a few years and stated that she loved her work. Some of Ruth's favorite hobbies include ; gardening, cooking, baking and visiting with others. Ruth participates in many of the Activities at the home including bingo and exercise classes. Ruth also enjoys sitting on the porch on nice days. Congratulations Ruth on being our Resident of the Month for September.



CAMPFIRE NIGHT

***Our Very First Campfire!
What Fun!***

The Next Campfire is September 22, 6:30pm, Behind the Courtyard



H A P P Y B I R T H D A Y R E S I D E N T S !



- Ruth Drayer**
09/04
- Catherine Hedricks**
09/09
- Kathy Flanagan**
09/10
- Roth Heckman**
09/12
- Ethel Sload**
09/18
- Judy Phillips**
09/18
- Irene Hoppes**
09/19
- Dorothy Mengel**
09/21
- Joan Albert**
09/21
- Rosalie Mataka**
09/23
- Mildred Overmiller**
09/24
- Millie Walker**
09/26

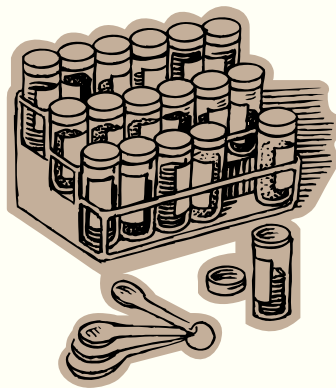
NUTRITION TIDBITS



SPICE IT UP!

According to researchers at Penn State, foods rich in spices can reduce the negative effects of a high fat meal. When subjects were given a meal that contained 2 tablespoons of spices, blood fats that normally rise after eating a high fat meal were reduced by about 30% compared to subjects that were given the same meal without spices. In addition, antioxidant activity was increased by 13% and insulin response was decreased by about 20%.

Like other plant foods, such as fruits, vegetables and grains, spices contain many antioxidants. Here are some ideas to incorporate spices into healthy foods:

- Add cloves or cinnamon to coffee.
- Turmeric, a powerful antioxidant and an ingredient in curry, is good on cauliflower, potatoes and eggs.
- Add rosemary to potatoes, pasta dishes and other whole grains such as brown rice and quinoa.
- Rosemary or basil is good on grilled fruit (pineapple, peaches, bananas, mango).
- Fresh garlic or garlic *powder* (not garlic *salt*) is very versatile and can be added to any protein food, whole grain or vegetable.
- Add paprika to goulash and stews, or sprinkle on top of a healthy recipe of potato or macaroni salad or slaw.





**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

Margaret Leonard, 07/29/2011

Julia Gum, 08/22/2011

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, October through June
- **Church Services**, Every Sunday at 2:30pm, Chapel
- **Devotions**, Every Tuesday at 3:15pm, 2nd Floor Lounge

Special Events:

- **Think LABOR DAY—Trivia**, September 5, 10:30am, 2nd Floor Lounge
- **APPLE PIE PARTY!**, September 8, 2pm, 2nd Floor Lounge
- **Order Out Subs—Jorges'**, September 14, 11:45am, Board Dining Room
- **Pet Therapy**, September 14, 6:30pm, Near Elevators



Bus Trips:

- **Giant Food Store**, Thursday, September 1, 1pm, Meet at East Exit
- **K-Mart, E-Town**, Thursday, September 15, 1pm, Meet at East Exit
- **Breakfast-230 Café**, Thursday, September 22, 8am, Meet at East Exit



The Middletown Home
999 West Harrisburg Pike
Middletown, PA 17057

Phone: 717-944-3351
Fax: 717-948-1510
E-mail: support@middletownhome.org

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
Assistant Administrator	Bonnie Mauldin	4113	bmauldin@middletownhome.org
Assistant Administrator	Diane Leonard	4113	dleonard@middletownhome.org
Director of Nursing	Tina Shank	4148	tshank@middletownhome.org
Asst. Director of Nursing	Kathy Secord	4125	ksecord@middletownhome.org
Director of Admissions	Gloria Altimore	4142	galtimore@middletownhome.org
Director of Residential Services	Jennifer Binecz	4128	jbinecz@middletownhome.org
Business Office Controller	Lu Ann Ishaq	4131	lishaq@middletownhome.org
Business Office Coordinator	Sue Parkovic	4132	sparkovic@middletownhome.org
Director of Computer Technology	Loran McCall	4133	lmccall@middletownhome.org
Director of Food Services	Sue Noriega	4138	snoriega@middletownhome.org
Director of Housekeeping/Laundry	Robert Graham	4115	rgraham@middletownhome.org
Director of Human Resources	Nina Taylor	4147	ntaylor@middletownhome.org
Human Resources Assistant	Paula Richmond	4139	prichmond@middletownhome.org
Director of Maintenance	Joel Frank	4116	jfrank@middletownhome.org
Director of Social Services	Chris Bowers-Paris	4117	cparis@middletownhome.org
Director of Activities	Mary Van Buren	4120	mvanburen@middletownhome.org
Director of Resident Life	Shelly Janicelli	4122	sjanicelli@middletownhome.org
Director of Therapy Services	Karen Utsick	4145	kutsick@middletownhome.org

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.