

January 2022

JANUARY RUNNER

*"Winter came down to our home one night, quietly
pirouetting in on silvery-toed slippers of snow;
And we, we were children once again."*

~ Bill Morgan Jr.



Dog of the Month – Siberian Husky

Siberian huskies are thick-coated, medium-sized dogs that were bred by the Chukchi people in Northeast Asia to pull dog sleds. While still used in the sport of mushing, they are also popular as family pets. Huskies are excellent hunters, runners, and sled-pullers, but they're also extremely friendly, affectionate, and loyal.

To keep warm in subzero temperatures, these often blue-eyed dogs have a double coat of fur—one short, dense layer for extra warmth, plus a longer, water-resistant coat. Their fur ranges in color from



white, black, and gray to red, sable, and tan.

These energetic, highly vocal dogs also have long, fluffy tails that double as scarves on super cold nights. Despite their similar appearance, they are not part wolf. Some cultural traditions associate huskies with protection and prosperity.

Special Days

New Year's Day
January 1

Epiphany
January 6

**Makar Sankranti
(Hindu Harvest Festival)**
January 14

Orthodox New Year
January 14

**Tu B'Shevat
(Jewish Arbor Day)**
January 16–17

Martin Luther King Day
January 17

Flower – Carnation



The carnation is the flower for January. Also known as a clove pink, this versatile flower is a species of the genus *Dianthus*, a term that means "divine flower" in Greek. Carnations are native to the Mediterranean and have been cultivated for over 2,000 years. The festive, sweet-scented

blooms were used in ancient Greek and Roman ceremonial crowns and now come in a rainbow of colors, including pink, purple, blue, yellow, green, orange, white, and striped.

Birthstone – Garnet



The garnet is both the birthstone for January and the gem to celebrate a second anniversary.

Though it's most frequently known for its brilliant red coloration, the garnet also grows—as crystals inside metamorphic rock—in a range of colors, including orange, fuchsia, yellow, and even blue. According to the Gemological Institute of America, rarer still is the green garnet, known as a *tsavorite*, found outside a national park in Kenya in 1967. Use any color of this stone to celebrate your favorite January birth or anniversary.

Show Your Birthday Colors!

Orange (Jan. 1–10)

You and your goal-oriented personality tend to ring in the new year with a list of resolutions. What's more, you often accomplish them all! You are a responsible and caring person. It can sometimes take a while for you to warm up to new people, but when you do, you become friends for life.

Yellow (Jan. 11–24)

Your sweet demeanor makes you a joy to be around, and your friends and family love having such a dependable



companion. A logical and thoughtful person, you generally make the right choice at the right time. For this reason, those around you often seek you out for advice.

Pink (Jan. 25–31)

You have a great sense of humor and a sensitive soul. You are a hard worker and give every task your all. Those close to you know they can count on you to help them get the job done—and that caring for others is your top priority. Just make sure you don't forget to take care of yourself in this new year.

Happy New Year to all!

Riddle Me This January

You see me once in New Year, twice in January, but not at all in winter.

What am I?

ANSWER: The letter A

January Zodiacs

Capricorn (Sea Goat)
January 1–19

Aquarius (Water Bearer)
January 20–31

January 1 marks the first date of each new year thanks to the Gregorian calendar introduced by Pope Gregory XIII in 1582. This new calendar was adopted throughout the British empire (and its American colonies) in 1753. January is named after Janus, the god of gateways and beginnings, depicted as a two-headed man looking forward and backward simultaneously. It is the only month with more than one U.S. federal holiday: New Year's Day and MLK Day.

New Year's Around the World

Americans often use fireworks to celebrate New Year's, while Puerto Rican children throw water out of their windows at midnight on New Year's Eve to rid their homes of evil spirits. In France, a stack of pancakes is eaten for luck and good health. In Spain, it's traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year. What's your family's New Year's tradition?

What's Lucky in January?

Lucky Color: Purple

Lucky Animal: Zebra

Lucky Letters: S and L

Lucky Day: Saturday

Lucky Plant: Snowdrop



January Birthdays

Victor Borge ("Great Dane") – January 3, 1909

Joan of Arc (French heroine) – January 6, 1412

David Bowie (singer) – January 8, 1947

Kate Middleton (British royalty) – January 9, 1982

Tex Ritter (singer/actor) – January 12, 1905

Joe Frazier (boxer) – January 12, 1944

Traci Bingham (model/actor) – January 13, 1968

Kellye Nakahara (actress) – January 16, 1948

Betty White (actress) – January 17, 1922

Edgar Allan Poe (writer) – January 19, 1809

Benny Hill (comedian) – January 21, 1924

Guy Fieri (restauranteur) – January 22, 1968

Etta James (singer) – January 25, 1938

Ellen DeGeneres (show host) – January 26, 1958



Happy New Year!

We are anxiously awaiting the completion of the Grille and Dining Room renovation. These renderings have been on display in our lobby the past several months, but it is so exciting to see the actual renovation coming to fruition right before our eyes.



Happy and Healthy 2022 to you and your families!

Sincerely,

A handwritten signature in blue ink, appearing to read "Bill Hines".

Bill Hines, Executive Director

PAUL'S RUN GRATEFULLY ACKNOWLEDGES THE FOLLOWING TRIBUTE GIFTS
Through 12/20/2021



IN MEMORY OF:



Helen Barrett
By Mr. & Mrs. Phil Penny
By Ms. Mary Lizzul

Berta and Abraham Bonderow
By Ms Nina Bonderow

Doreen Cush
By Ms. Denise Mazza

Anita and Bill Goldstein
By Ms. Eileen Micklin

Selma Jaffe
By Mr. & Mrs. Jacek Wozniak

Olga Jakubowicz
By Mr. & Mrs. Jeffrey Gold

Mary Y. Johnson
By Mr. & Mrs. Paul Gazzerro Jr.

Helen and Arthur Keiser
By Mr. Dennis Bower

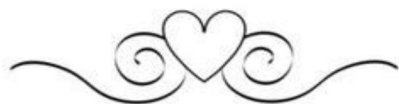
Sr. Patricia McAndrews
By Mr. Tom Calahan

Louise and Robert Wittman
By Mr. S. Lawrence Thomas

IN HONOR OF:

James F. Niedrist
By Mr. & Mrs. Dean Niedrist

PAUL'S RUN GRATEFULLY ACKNOWLEDGES THE FOLLOWING TRIBUTE GIFTS
Through 12/20/2021



IN CELEBRATION OF:

Josephine Aloisi
By Mrs. Toni Aloisi-Bossert

Eleanor Cassidy
By Mr. Vincent Cassidy

Rita D. D'Aquino
By Ms. Rita D'Aquino

Frances DeBerardinis
By Ms. Joann Pagett

Leonard Eksterowicz
By Mrs. Mary Kuberski

Carlyn Gases
By Ms. Judi Gases

Mary Iaconianni
By Ms. Rosemary Altimari

Dolores Kozlow
By Mrs. Shirley Dustman

Eleanor Kuntz
By Ms. Elizabeth Mancini

Evelyn Litzer
By Mr. & Mrs. David Dalessio

Cecily Lucas
By Mr. Gregory Smith

Anne McCurry
By Mr. Joseph McCurry

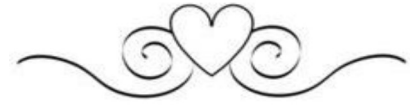
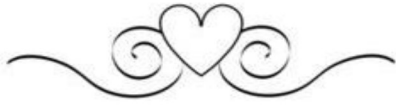
Alberta McDermott
By Mr. Wayne Mc Dermott

Albert J. Mezger
By Mr. George Herrmann

Norma M. Niedrist
By Mr. & Mrs. Kirt Niedrist

John O'Neill
By Mr. & Mrs. Thomas O'Neill

PAUL'S RUN GRATEFULLY ACKNOWLEDGES THE FOLLOWING TRIBUTE GIFTS
Through 12/20/2021



IN CELEBRATION OF:

Nina Orr
By Mr. & Mrs. Rickey Slocum

Beatrice W. Rudnick
By Mr. & Mrs. Stuart Rudnick

Rose Sitvarin
By Mr. & Mrs. Bernie Schwartz

Julie Stumpf
By Ms. Ann Gubernick Salomon

Larry Thomas
By Mrs. Maureen Smith

Anne M. Wetzel
By Ms. Patricia Donlon



2021 has come to a close, and it's time to reflect on the past year. As a community we have overcome so many challenges in the past twelve months. I've enjoyed sharing music and fun with you, whether that be in music therapy groups or in one of our performance groups. I deeply enjoy seeing residents step outside their comfort zone and try something new. The Paul's Run Singers, Paul's Run Bells, and Halle Bell Choir all have had performances in the last month!

It's also a great time to start thinking about what you would like out of the New Year. I would like to personally challenge each and every one of you to try something new. If you've ever thought that you couldn't create music for whatever reason, I'm here to dispel that myth. Join one of our performance groups. Come try out a music therapy group. All are welcome!

As I have written in previous years, I've greatly enjoyed the last year and am looking forward to spending 2022 with you!

Happy New Year!
Molly

AWARENESS

BY Sr. Dorothy Dowd

Happy New Year to all of you!

It is my wish that you continue reading this article as a help to be aware of Alzheimer's Disease.

You can be sure that I am not an authority on the subject of this disease And so you may say, "Why is she writing about this?"!! Hopefully some of my experiences will be helpful in this area.

My Mom's problems started about ten years before she died. Dr. Sanjay Gupta's book, *Keep Sharp*, states a lengthier time is possible, as you may know.

Back to my experiences! One afternoon my Mother made an unusual remark. She said, "Josie is out in her yard." Josie's house was not in viewing distance from the living room. Yet I looked anyway. The look on my Mom's face told me she knew that what she said did not make sense.

Six years later my sister informed me about what to do the year I cared for my Mother. Fran let me know what to buy and cook for her. And also, I learned about the schedule she keeps.

Well, fortunately all went quite well for a while until one night there was a great banging in the kitchen. I jumped out of bed, not knowing what to expect. She informed me, "It's time for breakfast."

I let my Mother know, in NO uncertain terms, "It's dark outside. It's midnight. If you do this again, I will have to put you in a Nursing Home. I need my sleep."

Awareness by Sr. Dorothy Dowd continued

Well, it never happened again. You're probably saying, "Of course not." And you would be right. Then I would ask you, "Have you yourself been in that situation?" Hopefully you have not!

My response was not the most professional way to speak. But at that point I had hit a "wall."

You may wonder how I got around "LIFE" that year and my answer is "Walking." There was a pond at the corner of our street. I walked miles around it into the next village and back around while my Mother was resting.

Needless to say, this story did not appear in a mini biography I wrote about twenty years ago.

Half of my life, I have spent visiting the sick in church parishes. And over the years I have observed behaviors in families where there is an Alzheimer's patient. It's NOT unusual for a person to correct the statement made by the sick person.

It is my firm belief: NOT to correct an incorrect statement. It seems like you need to "come into their world." Obviously, the gift of listening is essential. You and the person will both be at peace if you can let some words pass by.

This insight proved most valuable recently.

A few years ago, I went over to the Health Care Facility to visit. As I arrived upstairs, someone was having a "hissy fit." In plain English, she was screaming.

Awareness by Sr. Dorothy Dowd continued

As I knew her, I decided to see if I could help. I did not know if she would appreciate my touch. So I slightly touched her shoulder. And then felt free to place my arm around her. As she had said she wanted to go home, I whispered twice in her ear, "You are home." Surprisingly, it worked! I wish I had known this touch worked before, as I would have touched my Mother when she was disturbed.

If you have a dear one with this problem, I hope you can be good to yourself also.

Thanks to the Nursing Staff here at Paul's Run. I pray that you can recover in your home after you work here. Blessings on all nurses and doctors!!

And, of course, peace to all here who are doing the best they can in the senior years

January 2022

By Ed Scully

We're still constrained even this New Year of 2022, in our festivities and in our activities to introduce another year. We can readily recall how it was done in prior years -- with a great remembrance of none other than the Canadian-American, Guy Lombardo who was a bandleader, violinist, and a hydroplane racer. His father was a tailor, but also an amateur singer with a baritone voice and who had four of his five sons learn to play instruments so they could accompany him. It is easy to recall his musical presentation from every New Year's Eve and especially the band's great rendition of Auld Lang Syne (first verse):

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot.
And days of auld Lang syne?
And days of auld Lang syne, my dear,
And days of auld Lang syne,
Should auld acquaintance be forgot,
And days of auld Lang syne?

There was another television presentation that people watched every New Year: Dick Clark's Rockin' Eve. It consisted of various forms of entertainment acts in and around New York City's Time Square until the clock strikes midnight to usher in the New Year with the ball dropping signaling the new year. Clark made his last appearance on the annual event in 2012 which was a celebration of the 40th anniversary of the event. In his later years, he was not in the best of health but he continued as long as he could.

Ed Scully January 2022 continued

This event is included in The Runner because Dick Clark established a reputation in Philadelphia for conducting Bandstand at 46th and Market Streets in West Philadelphia. It was a daily afternoon event that many teenagers flocked to in their dance garb to jitterbug and rock and roll to the viewing of a national television audience in the late 1940's and 50's. Possibly and very probably a few of you residents have danced away many times after a day of school.

For those interested in the parade and maybe will go see it, the parade begins around City Hall and continues south to Washington Avenue. While the performers (that is what they are) put on a show throughout the entire parade. Those who participate are Philadelphians of all ages with some also from New Jersey. They are members of more than 40 clubs.

The clubs are split into five categories: Comics, Wench, Brigades, String Bands and the Fancy Brigade. Mummary, for them, is a tradition that spans generations. It traces its roots to ancient Roman laborers who shared in the ancient festival of Saturnalia by marching with masks while exchanging gifts and satirizing the issues of the day-- as they now also do. In the 1600's, Swedish settlers in the outskirts of Philadelphia honored Christmas by beseeching their neighbors for desserts and liquor by dressing up, chanting and shooting off firearms.

The parties eventually migrated to New Year's Day and evolved into a series of neighborhood parades; and as immigrants moved to this area from Ireland and Italy, each group added its own cultural flair to local customs. In 1901, the tradition grew in earnest with the first really recognized and judged Mummers Parade -- as we now have every year. As the last note, the term "Mummer" is German and means "to costume and masquerade" as we still do in 2022-

Ed Scully January 2022 continued

Now that we have the opportunity to view another year on this earth what are we doing to possibly live a little bit longer? There are innumerable ways to consider that are not too troublesome to undertake without being too much of an annoyance. A rather simple undertaking is what I call SEE.

It consists of "S" for sleep which is probably the easiest part of the formula with seven to eight hours of restful sleep. It appears that nearly all of our residents are getting the needed sleep. If I'm up and around about nine or ten, Paul's Run is a very quiet residence. Let's try to keep it up in 2022! Also, you may even take a nap.

The first "E" is for eating. From the lineup for dinner every evening, it looks like none of you are forgoing eating at all. It is enthusiastically suggested that you steadfastly continue participating in the nutritious meals that are presented every day. Now, the trick to adhering to a good diet is not to be consuming other food that is too much over and beyond your dining room adventure. Delicacies are certainly enjoyable and may be eaten once in a while but don't overdo it so much that you may notice an increase in your weight. There is a scale in the restroom of the gym that you may think of using occasionally to check on how you are doing. Amen.

The second "E" is for exercise that doesn't have to be strenuous at all. I find that walking from my third floor abode about three or four times a day is a wonderful exercise that it even gets me somewhere. There are so many ways to exercise that even includes wiggling your toes while you are watching your favorite television show. You have probably walked by the first floor gym many times. It is fully equipped as any other around. If you read the notice at the entrance, you will find that is available to you 24 hours day--and night. I dare you, if you are able to use any of it, to do it.

Ed Scully January 2022 continued

Here is a letter of mine that The Inquirer published:

It is my long-held thought that calling older folks "senior citizen" should be replaced with calling them "mature person". Since there is no one called "junior citizen". This is even more appropriate today because of the May 5 article "Jobs are open, but lack workers", a problem that can be minimized somewhat very easily, There is a great number of mature persons now retired and living at home and retirement centers. Without a doubt many of them are readily available to work part time for a few hours a week. A very positive consideration is that despite their age, many still possess the requisite training, education, job skills, open time, proper work attitude, knowledge, and experience that all employers seek. It is my suggestion that a few clarion calls should be sounded to these folks. They may be like an answer to unanswered employers' prayers. (On Jan 1, it's still here.)

Thank you to all of you residents who have sent me a birthday card. You have helped to make this year's celebration just about the best so far because it has really turned into a birth week which I'll try to present to all of you. It started with a trip to Bethlehem, the one in PA. My son Mark and I stopped in a Mexican restaurant, Lupita, and not only enjoyed an authentic Mexican meal, but also a ten piece Mariachi band that plays there only very occasionally, It's a restaurant that I would certainly make another trip to feast on its very tasty food. Another benefit of dining in Lupita is that it is directly across the street from our reason to be in Bethlehem: we had tickets to the Chris Smither show that is always a show that sells out months before it's scheduled. He is a ballad/folk singer that also plays a guitar to all of everyone's enjoyment. The audience is middle-aged with quite a few old-timers also enjoying Chris's goings-on until we find ourselves driving home much later than we expected, but the time did not deter us from making a very tasty and pleasant stop on the way back to Paul's Run.

Ed Scully January 2022 continued

Another wonderful happening was our having tickets to the Van Gogh Experience taking place at the Tower Theater in Upper Darby on 69th Street. The big room with all the lights, sounds, and projections became a thrilling way to experience the work of one of the world's greatest artists. Those in attendance are literally surrounded by his art and by music perfectly synchronized to the animations. You can see a Van Gogh painting on one of the 15,000 square-foot screenings and water starts spouting out of it. Even the floor beneath everybody morphs and melts with beautiful imagery. It's the kind of thing where you may want to go twice to catch whatever you may have missed. Certainly, you must see representations of paintings that have been sold for more than \$18 million. Also, to complete your trip of scenery you must experience a virtual reality presentation where you put on goggles and virtually arrive in a recreation of Van Gogh's bedroom based off his paintings. Too bad, it's now off to somewhere else. Ron Cohen, Sidney's son, who was visiting from San Francisco told me the exhibit had already been there so don't go there looking for it.

On the next day, Saturday December 5 that was my birthday, slept until 8:45. In case you may be interested I had a breakfast of soft boiled eggs, orange juice, toasted English muffin and two cups of coffee and water from at the sink. I've had over 90 birthdays but the best yet was to come at my birthday party in Wynnewood, where I never have been before.

It was very enlightening for me that most of the guests at my party were my newest relatives that I had never seen, known before, even known of, and never even heard of before until I walked into the birthday decorations and was the recipient of "Happy Birthday ". About ten new relatives materialized and they were very pleasant and so much like people that I would be extra pleased to meet again, again, and again. Damn the torpedoes and full speed ahead!

Ed Scully January 2022 continued

After being at that wonderful party, my son and daughter (still Mark and Susan) and I went to Ardmore to attend a show of The Blind Men From Alabama before they are scheduled to appear in Dallas, Texas. On the next day Mark and I went to New York City for a couple of days and saw and walked to just about most of the sites that most people spend a few days visiting like Rockefeller Center, Saks Fifth Avenue, Central Park, Grand Central Station, Madison Square Garden and of course Saint Patrick's Cathedral where we attended noon Mass. We also had dinner on two occasions with a couple of friends and later on we decided to come home. Here I am.

Just as this year 2021 is coming to an end so also must the stuff that is being presented to you must somehow end. The beginning of 2022 offers lots of promise and hope that we must be able to seize upon. This new year offers us an opportunity to do those things which we failed to do or did poorly in the old year. Possibly we could have been careless with our time, but in 2022 we could do much better with it. To help us to focus on that objective maybe we could make one of those resolutions to do better by adhering to one to be more considerate of our fellow residents. If you can make a resolution include something about being thoughtful and considerate of others, then you are sure to have a happy and worthwhile year in 2022. One really very easy resolution to keep is just to say "hello" to someone passing by as you walk down our Paul's Run corridors. An outcome of greeting someone is that you may make a new friend. So long!

Ed Scully January 2022 continued

After my morning shower I put on my daily garb and after putting on my socks, next go on my shoes. To my amazement I could find only one shoe. After a half-hour search it was still lost to me. Before I was going to call 911, Jennifer Anderson of Marketing was walking past my abode and I asked her if she could help me but she also was unable to find it. She said she would send someone else up to try to find it; and lo and behold her associate Linda Amandeo came from her office and after a five-minute search found it under my desk. Alleluia!

This goes to show us that Paul's Run management and staff do things that are beyond their job description for which I'm very appreciative. Also for your edification, I wish to let you know that when I could have had a difficulty, Executive Director Bill Hines came to my third floor abode to check me out and also stated that he was praying for me. How about that!

Jack Birnbaum

Poetry, the best median of expression, for me

Some eleven years ago my wife Rhoda suffered a stroke, treated at Abington hospital and a search began for a residence [medical and rehab] with, Paul's Run offering seemingly the program it's best

After two some weeks at Abington hospital Rhoda transferred to the Paul's Run Rehab unit receiving a visit by the Executive director of "The Run" emphasizing its short context as a reality test

The program at Paul's Run was multi-level it allowed a family stay together if one of the partners were able to assist the other to improve limited rehab skills as social as well as locomotion

Another motivational lever was to allow dogs and cats to be housed at the facility along with the families of domestic animals housed with family of a special trained dog for socialization

Though Rhoda lived her last 6 years at Paul's Run I believe I can say she lived amongst people and animals she loved I'm sure she'd would have chosen the last stop at be at Paul's Run station

Jack Birnbaum

About Liberty

Last night I read of a band of men who valued liberty so much they
risked much more than any individual life

On Dec. 16, 1773 1,000 men disguised as Mohawks, risked life, fortune,
and honor for an ideal, in a bitter strife

That afternoon I read of a group of teachers who risk as much in
teaching tolerance in the schools of our nation

Last night I heard reports that our 45th president allegedly risked as
much, perhaps more, in a current situation

These three reports relate to a question Abe Lincoln asked if a “A nation,
so consecrated can long endure”

Repeated signs of an ongoing struggle of our nation to be in unison with
its Constitutional structure

The patriots of 1773 believed their destiny was ordained to live free and
become a nation self-ruled, and just

These ideals wrought in the fires of experience and study became the
Declaration, a statement of this trust

It begat in 1779 a Constitution structured in compromise, and designed
to mitigate conflicts of power and race

Providing checks and balances, in a land of immigrants, now reality,
where some conflicts were already in place

The words of these documents were a reality to our first president, in his
life these conflicts did already exist

And over time complexity focused a need to deal with such conflicts
tending to remain active and to persist

Jack Birnbaum About Liberty continued

President Washington had power concerns with cabinet and concerns of race being a life-long owner of slaves
He addressed power in his historic final address and race, freeing his slaves, and closure of their enclaves
While power conflicts involved Presidents as Andrew Jackson, Andrew Johnson, FDR, now Donald Trump

Power conflicts normally involve factions' philosophies and programs delivered by the bunch
Race via slavery with many native Americans fueled passions pro and con, that wouldn't go away
The words of equality in core documents echoed in the 1860 election when a Civil War came into play

The Civil War, four years in duration ended slavery, preserved the union albeit race division yet remained
Despite the Emancipation Proclamation, civil rights legislation in practice, now segregation remained
With the return to the south to the union southern politicians they, and lay groups as the Klan, resisted change
Raising local eligibility to gain rights, threats of violence, designed to bock black entre onto the political stage
Despite these efforts in a passage of time minority leadership and minority actors were more common in view
Interspersed with power changes America grew, prospered, its pledge of equality struggled to become true

Jack Birnbaum About Liberty continued

We lived through an industrial era, a depression and two World wars
and retained our faith as a democracy
Following the second world war with strong leadership minorities made
gains in our society toward equality
And in the elections of 2008 this nation elected and re-elected a black
man, Barack Obama, to be our President

This election seemed conformation that equality was near, but in 2016
it became clear this wasn't a precedent
The 45th President, Donald Trump showed no fealty to our national
documents or to our sacred traditions
In fact, they seemed linked to King George that in 1773, provoked a tea
party to remedy such conditions
Fortunately, we have at our disposal remedies other, being a nation
constituted to the process of democracy
Where in the 2020 elections, the voice of the people can still be heard,
to maintain our commitment to equality

Update on Climate Change By Sr. Franceline Malone

In recent issues of the RUNNER, I looked at the effects of climate change on our country's and the world's living conditions. Trees play a very important role keeping our weather and seasonal changes livable here in the USA and across the globe. When I wrote "Sequoias Imperiled," the giants in California were fighting for their lives and for the world's ability to maintain living conditions for its many people.

Trees in danger put us in danger!

After two months of closure, Sequoia National Park reopened portions of the foothills on Veterans Day. The Windy River fire still rages in some areas including those in high elevations. Smoke is still billowing in the southern Sierra Nevada. Patches of green grass surprise viewers. Recent rains get the credit and build hope for more!

"It will look like spring for a bit in burned areas where regrowth has begun," writes fire information officer Mark Ruggiero on the National Forest Service Website.

The Giant Forest with its General Sherman Sequoia is among those regions still closed to the public. The General was wrapped in fire-resistant aluminum material and it emerged unharmed when the fire passed through.

The Website declared that the Windy River fire in the National Forest and in the Tule River Indian Reservation destroyed hundreds of giant sequoias. The fire, having burned 97,528 acres by Sunday, Nov. 14, when I checked, was only 92% contained. The Tule River Reservation has its own small fire department which responds to fires within the reservation and is considered a national resource as it also responds to fires within the U.S.

Update on Climate Change by Sr. Franceline Malone continued

Climate action

Climate Action has taken a prominent place in the news. In an article in the Inquirer on Fri., Sept.. 17, UN Sec. Gen. Antonio Guterres “urges governments to meet the 2015 Paris climate accord to limit global warming... The UN report warns climate change is proceeding faster than predicted.” On Thursday, [Guterres] called for ‘immediate, rapid and large-scale’ cuts in greenhouse gas emissions to curb global warming and avert climate disaster.”

After listing some of the recent disasters in the U.S., western Europe and Pacific Northwest, The Secretary General declared: “No country is safe... These changes are just the beginning of worse to come... Impacts already released will continue high temperatures and make disasters inevitable.”

On 11/11/21, The Inquirer featured an article on the Glasgow, Scotland Statement on Climate Control. For two weeks worldwide nations gathered to determine what they **must** do together if the world’s temperature can continue to foster life on earth. The success of that endeavor depends upon controlling fossil fuel use, especially that of coal. The countries that burn the most coal are the **United States** and **China**! I knew of China’s dependence on coal, but was appalled to find that we in the USA were also top users.

Update on Climate Change by Sr. Franceline Malone continued

The United States and China, alarmed by the reports and recognizing the seriousness and urgency of the climate crisis, have committed to working together. They are also working with other Parties to strengthen implementation of the Paris Agreement. The two sides commit to holding the global temperature increase to well below 2 degrees C and to pursuing efforts to limit it to 1.5 degrees C. They are pursuing such efforts and cooperating to identify and address related challenges and opportunities.

A race we can win

Available solutions can enable countries to leapfrog to cleaner, more buoyant economies. As more people turn to renewable energy, the pace of change quickens and new measures will reduce emissions and increase adaptation.

Global climate change does not respect national borders. “Emissions anywhere affect people everywhere.” Solutions need to be coordinated at the international level and require international cooperation if developing countries can move toward a low-carbon economy.

Enthusiasm gives birth to life! Together with our climate scientists and government leaders, we can succeed! In fact their success depends on everyone's climate contributions. Our little efforts do add up!

Another Day in Paradise By Arnie Escourt 10/6/21

Life at Paul's Run is never boring or dull
It 'sorta' runs from the ordinary until we quell
Take Sunday morn at 4 A.M. The fire alarm began to ring
The system was in excellent shape, everyone woke up hearing the warning.

This morning the clouds were overhead
and the lightning and thunder got me out of bed.
During the afternoon, we have music in the lobby
And often a few of our residents play our pianos as part of a hobby.

Our dining room is under construction and the guys do not shirk
From the hammering and grinding that the workers are hard at work
In our chapel our organ provided warm and soothing music
And provides us a place to find ourselves if bothered or sick.

During the pandemic they gave us bags of food and used zoom
And with the construction we are now able to eat in the dining room.
We have a library with a paper shredder and copier with lots of books
Which have many interesting topics as murder, religion, cooks and crooks.

We have quite a number of women and a fair share of men
Who have many talents, interests and even those who have a yen for Zen
During nice days, many sit on the front porch or walk through our tropics.
There are many daily activities as Bingo, cards, with interesting topics.

We have a weekly activity sheet with all our activities that we acquired
On Mondays we have bowling, on Tuesdays we have Bell Choir
On Thursdays we have Music and Memories with our talented Molly
On some days we even have lunch visits with our van called the Trolley.

To be serious, I feel safe here. The Doctor has an office near our Library.
There are nurses to care for the occasional slip or fall or lapses of memory.
Yes, life must go on and we need to find a way to enjoy it to the max
And I have found the place to be until then and those are the facts!

New Year 2022

By Arnie Escourt

We have each dealt with our sad and foolish losses
We can now handle whatever the future tosses.
We all have health conditions we have to deal with day to day
Whatever fate throws at us, we fix it, we find a way

-

Haven't taken the time to work on my annual resolutions
In past years they never turned out to provide real solutions
But each New Year starts out as fun and good
And we all hope that future days will turn out as good as they could

The year 2021 will soon be gone
Many of us are all alone and somewhat forlorn
We watch TV and listen to the dismal news
Instead of pleasure it usually gives us the blues

Thus far inflation seems to be the major obsession
And all of us sort of worry about another recession
Nevertheless, I still remain an optimist
Believing that each new day will be a little better than the rest

I know that the weather men always paint a bleak weather forecast
And the news from Washington is upsetting and about the past
Most of us have endured and have lived through it all
And I don't give a hoot if it is rain or snow that will fall.

Am I going to a New Year's party to drink and dance?
If I get invited, I may just take that chance.
As long as I am feeling fine

Looking in the Mirror

By Arnie Escourt

You can't ignore or brush aside what you feel
That feeling is only meaningful when you feel it with
zeal.

We just can't always watch tv or play with our smart
phone.

We need to think about our religious feelings when alone!

How about all those near and dear you care about and
love

What do you think about heaven above?

Do you consider holidays just ordinary days?

Do you really feel the urge to pray?

We never get to understand the why of death and sickness
Or infirmities like cancer or stress.

Hate and prejudice are terrible social diseases

Good folk do what their heart really pleases.

Life is never simple, kind, predictable or fair

It is important that our belief system really does care

The experiences of life and the miracles of birth

As well as all the wonders we discovered on Earth.

Those feelings of happiness, love and satisfaction

Always bring us good feelings as a reaction

Those amazing products of true love

Convince me of miracles that come from above!

Walk with me

By Arnie Escourt

Walk with me by the ripples of the lake
Smell the fragrant scents of the blooms
We have a life to live with honesty and without headaches
We have to avoid where foolishness looms

Hold my hand and I will show you the way
Put aside your worries and your fears
I will lead you through the dark or during the nasty day
No need for sadness, no need for tears

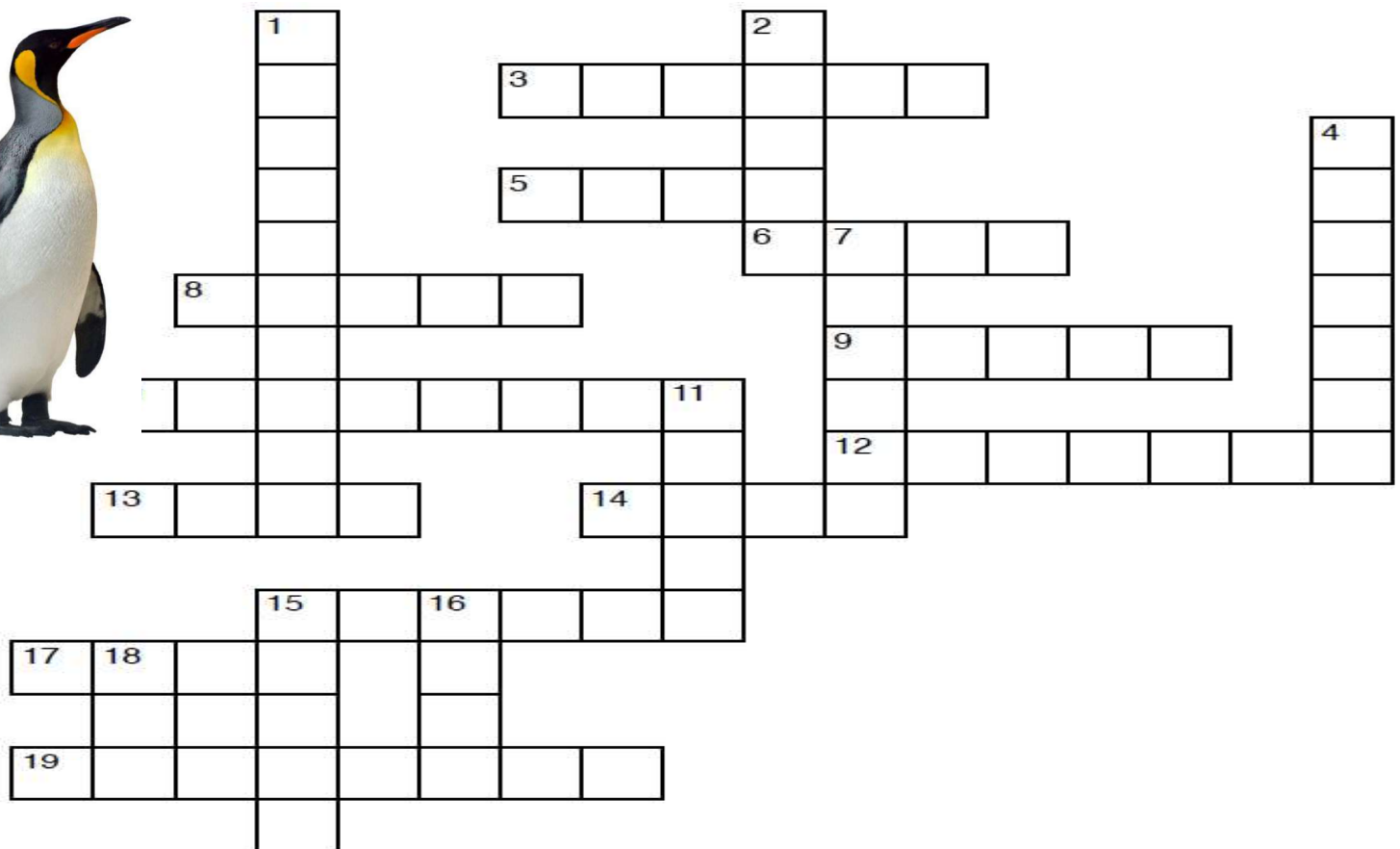
We will always have each other with us
We will never really be all alone, sadly alone
No need to feel bad and no need to fuss
Our friends and family really care, so stifle those groans

We need to plan and we need to care
As walk by the ocean, in the city or by the lake
We need to be sensitive and we need to share
We have to give and avoid those others who just take

Show me your smile and a whole new life will have begun
We will get through the thoughts of gloom with a smile or a song
Give me a little hug and kiss and you'll feel the sun
And I'll give you warmth and happiness your whole life long

Playful Penguins

Use the clues to fill in the crossword.



DOWN

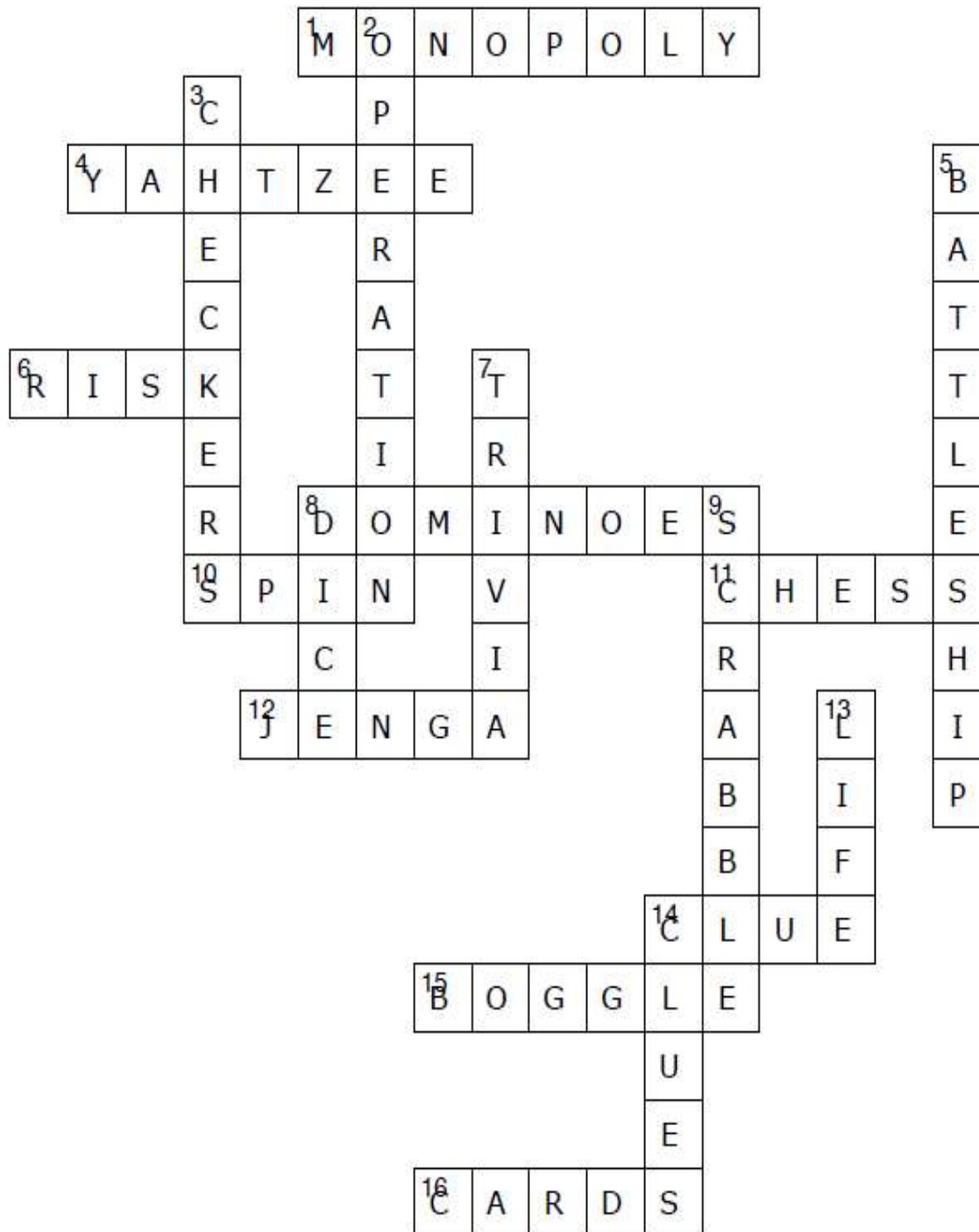
1. Continent with penguins
2. Penguins' sleeping spots
4. Penguin fat
7. Like penguin feet
11. Go downhill on stomach
15. Light color
16. Descend into the water
18. Frozen water

ACROSS

3. Suit that resembles a penguin
5. Disney's penguin movie, *Happy* _____
6. Move through water
8. Body of water
9. Dark color
10. Arm-like appendages
12. Largest type of penguin
13. Bird bill
14. Feathered friend
15. Swaying walk
17. Penguins' favorite food
19. Plumage

Playing Games

(solution)





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Maintenance:**

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

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

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for more information by emailing her at
nmoffatt@libertylutheran.org.

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THE GENERAL STORE HOURS OF OPERATION

**MONDAY - FRIDAY
10:30AM-3:30PM**

**SATURDAY -SUNDAY
11AM-3:30PM**

FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You.



**THE HOUSEKEEPING
DEPARTMENT IS ASKING FOR
YOUR COOPERATION IN
MAINTAINING A SANITARY
ENVIRONMENT FOR ALL OF
OUR RESIDENTS.**

**REMEMBER TO WASH YOUR
HANDS FREQUENTLY WITH
SOAP AND WATER OR WITH
HAND SANITIZER WHEN
AWAY FROM SOAP AND
WATER.**