

JULY RUNNER

"Summertime is always the best of what might be."

~ Charles Bowden



Dog of the Month – German Shepherd

The German shepherd is a large-to-medium-sized sheep-herding dog with origins in Germany. They were first bred by Max von Stephanitz in 1899. These strong, reliable, smart, curious, industrious dogs are now a favorite for work with police, search-and-rescue, military, and the disabled. They are the original breed to serve as guide dogs. German shepherds have muscular bodies and an excellent sense of smell, and are fast runners. They are generally easygoing but are also loyal and protective, making them ideal for the dual purposes of family pet and



watchdog. Consistently ranking among the top breeds chosen as pets, they get along well with children but are not overly social. They are very active dogs that require a lot of exercise to satisfy their physical and mental health needs. German shepherds come in a variety of color combinations, including tan, black, silver, white, and gray.

Special Days

Canada Day

July 1

Halfway Point of 2022

July 2

Independence Day

July 4

Bastille Day (France)

July 14

National Ice Cream Day

July 17

Parents' Day

July 24

Flower – Larkspur



The larkspur, also known as *delphinium*, is a lovely, tall plant with multiple flowers blooming from a single stalk. Its flowers range in color from deep purples to light pinks. The flower spikes can reach three to six feet tall. Larkspur blooms from early spring through late summer and attracts hummingbirds and bees. The name *delphinium*, Greek for *dolphin*, is due to the bottlenose shape of the petals. In Victorian times, the flower was a symbol of light-heartedness, fun, and happiness.

Birthstone – Ruby



July's birthstone, the ruby, is one of the rarest gems in the world. Rubies come in various shades of red, but those mined in Burma are the most expensive gem per carat in the world. Because of their superior crimson color, Burmese rubies are called "pigeon's blood." In many Asian countries, the gems were laid beneath new buildings to bring good fortune. The stone is said to guard against attacks and attract friends. It is a symbol for devotion and is a traditional gift for those celebrating 15th or 40th anniversaries.

Take a Bough

July 1–6: Apple

Those who fell from the apple tree are sweet, flirtatious, and have a lot of charm. Thus, they tend to be popular and have lots of friends. They usually fall in love easily. They have a carefree personality and always live for today.

July 7–14: Fir

People who have fallen from the fir tree are mysterious, intellectual, and sophisticated. These people have extraordinary taste and are also ambitious and talented. They have lots of clever ideas and tend to be quite social.

July 15–25: Elm

Those who come from the elm tree are very cheerful, studious, and noble-minded. They are not easily led, but they make great leaders and care about the feelings of others. Due to their great sense of humor, they tend to be practical jokers.

July 26–31: Cypress

People who fell from the cypress tree are very faithful and kind-hearted. They are also very adaptable, passionate, and optimistic. These folks are often content and take what life has to give them. Their grateful, loving spirit draws others to them.

Just Clowning Around

Legendary showman P. T. Barnum was born July 5, 1810. The iconic entertainer was a master of the hilarious hoax and cofounder of the Barnum & Bailey Circus. “The Greatest Show on Earth” toured from 1871 to 2017.



July Zodiacs

Cancer (The Crab)
July 1–22

Leo (The Lion)
July 23–31

July, the seventh month of the year, is named for Julius Caesar, who was born on July 12. The month was first called *Quintilis*, meaning “fifth month,” but became the seventh month when the Roman calendar was adopted in 44 BC. Anglo-Saxons called the month *Maedmona*, for the flowering meadows, or *Heymonath*, for hay-making month. July is typically the warmest month in the northern hemisphere and the coldest month in the southern hemisphere.

All Sewn Up

July is host to many special events, from Independence Day to National Ice Cream Day. One you might not know is National Threading the Needle Day, which is celebrated annually on July 25. Outside of the literal reference to sewing, the term “thread the needle” has taken on other meanings. It’s the name of a kneeling yoga pose (*para balasana*), it’s a tricky shot in billiards, and it’s also a metaphor for finding a way forward despite obstacles.

What’s Lucky in July?

Lucky Color: Green
Lucky Animal: Coyote
Lucky Letters: *B* and *E*
Lucky Day: Sunday
Lucky Plant: Lilac



July Birthdays

Estée Lauder (business woman) – July 1, 1908
Montel Williams (TV host) – July 3, 1956
Nathaniel Hawthorne (writer) – July 4, 1804
Nancy Reagan (first lady) – July 6, 1921
Harrison Ford (actor) – July 13, 1942
Gertrude Bell (archaeologist) – July 14, 1868
Woody Guthrie (singer) – July 14, 1912
Ginger Rogers (dancer) – July 16, 1911
John Glenn (astronaut) – July 18, 1921
Natalie Wood (actress) – July 20, 1938
Don Knotts (comedian) – July 21, 1924
Jennifer Lopez (actress) – July 24, 1969
Dorothy Hamill (figure skater) – July 26, 1956
Jim Davis (cartoonist) – July 28, 1945



In this July issue of the Runner, I would like to share with you, a little information about our new Chaplain, Michelle Wildridge.

Michelle graduated from Stetson University in central Florida in 2013 with a Bachelor of Arts degree in American History and Religious Studies. In 2013 she began her studies at Princeton Theological Seminary and graduated in 2016 with a Masters of Divinity.

Michelle started out working as a chaplain in hospital systems in New Brunswick, Hopewell and Trenton, New Jersey. She is also the Clinical Supervisor of Pastoral Care at Robert Wood Johnson Hamilton where she runs a clinical pastoral education program for seminary students and oversees their training. In the last 4-5 years, Michelle has been working in hospice in South, New Jersey and around the Philadelphia area, working with families and patients from 2017 until starting here at Paul's Run in May. While in hospice, she was the senior chaplain, ran bereavement support groups and opened 3 offices.

Michelle has completed 5 units of CPE and teaches CPE at a local hospital in NJ. She is a board certified chaplain/pastoral counselor with a specialty in grief, hospice, end of life. Michelle is currently working on her board certification as a Board Certified CPE Educator to be completed this summer.

Michelle is so happy to be our Chaplain at Paul's Run and we are happy she is here with us.

Sincerely,

A handwritten signature in black ink, appearing to read "Bill Hines". The signature is fluid and cursive, written over a white background.

Bill Hines, Executive Director

Independent Living July Community

Friday, July 8 – Atlantic City, Caesar’s Casino

RSVP required. Call x3030. Minimum 5 residents.

Bus departs Paul’s Run at 9:30am. Departs from Atlantic City 2:30pm.

Thursday

July 7 – Picnic Lunch at Pennypack
Park

July 14 – Parx Casino

July 21 – Willow Grove Mall

July 28 – Olive Garden Lunch Trip

Friday

July 1 – Bristol Amish Market

July 8 – Liberty Ministries Thrift
Store

July 15 – Ben & Irv’s Deli Lunch Trip

July 22 – Taste Queen-Chinese
Lunch

July 29 – **Museum of American
Jewish History**

Please sign up in advance for trips in yellow trip
binder in Library

Meet in A & B Lobbies at 12:30pm to join.

Bus will pick up in B lobby beginning at 12:30pm.

**RSVP and proof of vaccination required. Will depart from Main
Lobby**

GENERAL STORE

Friendly Residents Needed

- To meet new people
- Greet and help customers

Volunteers needed to help the Friends of Paul's Run operate the General Store.

Work when you want, no prior experience necessary.

For details, see Molly Bybee
or Elise Baranak





Check out the many different volunteer opportunities at Paul's Run!

Community Service Club

Spend one morning a month working on community service projects to better the Philadelphia community

Garden Club

Use your gardening skills/knowledge to beautify and grow produce to share with the Paul's Run community

General Store

Assist customers in the General Store. Volunteer hours are flexible to suit your schedule

Faith-Based Service

Assist with religious services

Floor Representatives

Responsible for helping new residents become acclimated to Paul's Run and represent neighbors at monthly Resident Council meetings

Friends of Paul's Run

Serve on a charitable organization that directly contributes to community life at Paul's Run. Friends of Paul's Run donates funds to the library, helped with the new Friendship Garden, and purchased a new van and bus.

Library Committee

Maintain the Paul's Run community library

Resident Council

Represent your fellow community members at monthly Resident Council meetings

Resident Ambassadors

Work with Marketing to support and help integrate new resident into the community

Paul's Run is a vibrant community. All I need to do is listen to know how true that is – I hear the baby grand piano often being played in the lobby and community members sing along spontaneously. It's never a planned program, booked or scheduled, but a natural occurrence that seems to bring folks together thanks to a few community members who share their talent and love for music regularly. I wanted to use this month's "Music Therapy Notes" to highlight one of our community members who plays the piano. I sat down with him to ask how the piano became part his life.



Stanley Kennedy playing the baby grand piano in the front lobby of Paul's Run Retirement Community

His name is Stanley (Stan) Kennedy and he moved to the community at Paul's Run with his wife Bea in November of 2019. Stan has been playing the piano since he was 12 years old. When I asked if there was always a piano in his home, he said his Mother originally bought an upright piano and encouraged his older sister to take lessons, but it did not hold her interest. Stan was very interested and said in the short time his sister took lessons, she showed him a few things she had learned. That seemed to be the full extent of Stan's formal training.

It may feel natural to assume if someone plays an instrument often and well, they had formal training. They must have learned to read sheet music, and learned the complexities of music theory early on, right? No. There are so many wonderful ways to learn music. Stan uses his memory and his ears.

There are well-known musicians who never had formal training on their instruments or did not receive formal training till later in life, sometimes after establishing a career in music. The list is extensive, but here are a few notable musicians who started out with no formal training: Louis Armstrong (jazz trumpeter), Billie Holiday (jazz singer), and Elton John (pop-music piano player-his abilities earned him a junior scholarship to the Royal Academy of Music where he then had formal training).

Since Stan does not bring a book of sheet music with him when he sits at the piano, I asked him if he has a method for choosing what songs he wants to play. He said sometimes he will write out a list of song titles, keep it in his shirt pocket, and reference it while at the piano. Sometimes community members request songs. I asked him what recent requests he received. Lately, “Moon River,” and “Que Sera, Sera” have been popular.

Stan appears quiet, reserved and modest about his musical talent, but it’s easy to see how much the community appreciates and enjoys the music he shares bringing folks together to listen and sing. Thank you for sharing your story and musical talents, Stan!

July 2022

Written by: Ryann Lynch, Music Therapist

Interviewee: Stanley Kennedy

My town My dream Part 3
by Jack Birnbaum

Having two opportunities to reaching my dream, I was indeed very fortunate to find my dream was still alive, and yet within reach
Social Work my third-choice destination, was an opportunity to reach my goal of bettering life by using will and my skill to teach

Two years at social work school was an academic success, and, a field assignment to the blind was confirmed of my theme
The second year my innovative field work with gangs earned praise and family a young son, and wife expecting as a dream

Upon graduation I reported to the Baltimore J.C.C. and was asked to supervise the teen, young adult plus the day camp program
In camp program, I ordered changes in food, raising the objections of administration, but approved by camp staff and campers as well
The teen age and young adult program under preformed and I proposed several changes which then earned administrative disapproval
After several staff meetings, innovations were approved for trial as changes more than doubled attendance, and drew approval of style

At the conclusion of the first year, I petitioned the board for release on the grounds the agency had broken their commitments, to me
Not all was happy my wife and I were in difficulty with a second child, a beautiful girl just born we both knew our relationship must cease.

My dream was now becoming real, I was hired in New York as the director of camp Oakhurst the camp model for handicaps was my door
I was responsible for the hiring of staff, design of support for our campers our moto was to do as much as possible, then look for more

I met with retuning staff to allow more freedom to camper moves and plan for supports in feeding, in trips, and for maintenance chores
I met with former campers who told me their hopes and this became part of my hiring staff in search of empathy to help open doors

My town My dream Part 3 by Jack Birnbaum continued

In my first year we enlarged to our trip program so campers could mix with non handicapped in their world, a camp Olympics to learn their potential, in another world

more overnight trips with campfires, songs exposed campers to natures animals, and its birds in flight so they enjoy their contacts in both worlds

At close of summer, I met with staff talked of programs & maintenance needs, by creating areas to clear sets which they reach for their potential

During the winter I met with campers to assess their camp life but with staff to assess their empathy in helping campers reach and attain a better life

While at Oakhurst a new secretary was assigned to the unit, I liked her I assumed going out with the boss would be a difficulty Her name was Rhoda, like me had been married with two children a boy and a girl, so I vowed to wait until one of us were free

My second year at Oakhurst among the physically handicapped was amazing as the first living skills for feeding and swimming were Skills to learn and test

Or if an animal of the wild is treated with empathy it alters its ferocious outlook when approached with a loving nature in friendship, it's a lover's quest

At the close of my second year, I was ready for a new foray in directing another camp while Rhoda and I hoped a second, would be the best

My new camp was a dare it housed in addition to polio it had muscular dystrophy, multiple sclerosis, cerebral palsy along plus levels of retardation needing different programmatic skills

The second difference in camp Jened, was funded for camp by an all-year Bingo game, manned by the board who being family to the campers with the camp director occasionally taking a part to fill

Which meant the director was accountable for the progress (or its lack) to the board directly and be familiar with each case and to know of their case its prognosis and its schedule in the taking of a pill

He must be aware of details of diagnosis as a camp program can allow innovative initiatives that are not available with other treatment programs that offer social respite that aren't the run of the mill

My town My dream Part 3 by Jack Birnbaum continued

Such programs are designed when people are disabled and eating create unwelcome sounds to eliminate such sounds as a slurp so as not only by those sounds that are being released

the “manners” of persons afflicted we are pleased socially by the effort to end an action unpleasing to others and the release shows consideration of others by its being ceased

I remained at Jened for two more years as they were fulfilling my dream and continued to feel that I was a part of my dream and my family life was fine and inclusive of all my children it seemed too good to believe

My wife Rhoda now personnel director at the educational alliance told me the director of camps (there were three) was available, a camp for cerebral palsy youth, underprivileged youth and seniors as well

I applied for that job as soon as I heard of it and agreed to become and an advisor to a wilderness trip that was scheduled mid-summer feeling that my dream was now well on its way and a feeling that it was swell

Each site had a program director with prior experience with the core program of the of each that were in the bear mountain park sharing the lake with a swimming pool as the water center for handicap program

My job at the Alliance was broader than the three Camps as I attended staff meetings and meetings of other units of the Alliance that at times that did not interface with the camping programs

The summers were alive with programs that made use our sites, our weather, the energy and the interests of our campers as under privileged camp games were to enjoy the players, not competition

winning, or losing was a part of the games it, however it was not the goal of the game as the focus of the games was in the skill of the players and the comradery of players, enjoying of others opposition

My town My dream Part 3 by Jack Birnbaum continued

The senior camp program was built around group activities 2-week trips as seniors generally have lost mates as well as friends and associates so programs with food, or boating are noncompetitive group attraction

Card or board games also offer interaction with lesser competition particularly for those who feel a threat of loss, as seniors do, seniors' loss then becomes apparent with the passing of time, as a dominate action

As I experienced my job with the Educational Alliance, I began to see myself as a group worker with a job expansion to include both community Organization and Organization developer as points of traction

My next job I vowed would focus on working to help an organization to achieve change so I grabbed this Federal job as the northeast regional director for the Office of Opportunity, when it was offered

The OEO was passed by Congress to offer local residents an opportunity to create jobs and program breaking the cycle of poverty and defining opportunity in policies and procedures with changes being preferred

The first thing noted entering our NYC offices was rows of filled shelves labelled policy and procedures the guidelines for all programs to be followed to meet the OEO guidelines, to be sure they were as conferred

I was then surprised when in response to a question the answer was no as every time a policy was required it was added without an index while similar policies were not removed making it very difficult to affirm

This situation birthed my first policy memorandum, no new policy would be issued without an older policy being removed and a second setting up a task force to index and cross index to check it as an OEO sperm

Of the years that I spent with the OEO program I think that it would be a fair conclusion to draw that the aims and goals that the congress put into this legislation for this division was no less than a good term

My next stop in my life's dream was in NYC with an organization funded by OEO the East Harlem Tenants Council a community with a dream it built, that dream, as a building with apartments

Besides the construction of the building the tenant's council had an aggressive community org program that morphed into a small street riot with a small turf war ended the disagreement

My town My dream Part 3 by Jack Birnbaum continued

Next on the agenda after a riot in the tombs I received a call from Mayor Lindsay and he said he would like upgrade the New York administration of the prison system, and would I now have an interest?

My response was it would take more than my addition to change a system he told would me in a week he scheduled a parole BD. member to meet with me to upgrade the system, I agreed to the test

After meeting Ben Malcolm and hearing about a new assistant Commissioner of programs I was now ready to join the system and move into an administration into a system where change was acceptable

As I now saw the dept. open to change, new Commissioner Ben Malcolm in charge I took the job and it was OK 'd to hire a consultant out of the urban league to start to make the changes malleable

The consultant and I now began a survey of the department and found it did not have either the needed to provide the services for the needs of its mission It was organized as a prison to house convicted felons while most of the residents were being were held for trail, security provisions held them in position

Some weeks later Ben Malcolm assumed his role as commissioner of the recognition of the department was underway it was to make available the resources as a detention institution

It was assumed as a given that security must be maintained as most inmates are awaiting trial or those convicted crimes convicted serving one year or less all requiring a new orientation

It was felt the need for a new training program including an urban league section on human relations might be taken as a signal a downgrading of security triggering hardliner resignations

In fact, there were some senior resignations enabling reassignment of senior staff more open to change that had to be made to realign their assets and make possible different goals

Our audit of the department showed there were social service units but security concerns limited them to handing out pencil and paper for mailings, contacts were security holes

Medical staff were assigned to facilities, they were retired doctors limited in movement so follow up was incidental nursing and hospital, unavailable; medication distributed by colors

My town My dream Part 3 by Jack Birnbaum continued

Remediation of most of problems for the Prison/detention situation were bringing outsiders which for a prison is a no-no but being detention is not conviction and brings no loss of rights

Having the urban League explain how those rights are legal even as one is accused of a crime is not a conviction and explanation is in that situation is itself a horse of another color

Even one who is convicted has the right to communicate with others and has the right defend himself or have others defend him even if convicted can accept help of others it to fight

So too even if one is convicted and not sentenced to death, he has the right to medical care and medication or hospital to maintain himself, those were our tasks to making it to be right

As times in the political world, a newly elected executive will make changes but, I was asked by the Commissioner of New York State Correction department asked me to come aboard as his special assistant

He had three projects in mind; the first was computer system installed some procedures were changed that enabled the department identify inmate moves met the department a plan and intention

Second a design of a conflict resolution system to use in NY STATE facilities to lower tensions in long term facilities which are plagued by gang Violence to settle the contention

we designed a special unit that identified those involved in conflict, mediating and if possible, removing the goad was served by keeping conflict alive and either removing the goad (or goads) transfer constricting movement

The third project was on the coordination of planning or the use of piggybacking and the better use of planning resources where one makes use of similar resources needed to achieve diffusion results

After two years with NY State Correction, I became executive director with the N.Y.C. state commission of correction monitored the NY State system and the other large facilities around New York city

After two years I was appointed the Deputy commissioner of an agency proving assistance to District attorneys and to small detention facilities in New York state

My town My dream Part 3 by Jack Birnbaum continued

My last six years were spent as a special assistant to the executive director of the Elmhurst hospital in Queens New York City to assist in special projects assisted the hospital to set up a female psychiatric forensic, and function as a liaison to doc

designed fire safety program and supervised safety drills, and regulations

acted as a consultant with computer systems

represented the hospital at community meetings and the executive director at internal meetings

So here I have provided you with my view of thirty- nine years of service and my life and my dream of contributing to making this world into a becoming a much better place

I knew that this was my contemplation after when I finished my service to my country in the nineteen forties and I'd like to think I have done as best to win this life's race

Life All Around Us Ready to Pop Up

By Sr. Franceline Malone

It's early June, time to start a garden. So here I am at 8:45 a.m., wide brim hat on, gloved hand carrying a spade, and a sack of bulbs and a bag of carrot, onion and radish seeds hanging from my shoulder, all set and ready to walk out into a bright, sunny day.

I tramp over to what remains of last year's garden, ready to overturn the soil and begin afresh! I place bulbs and a bag of seeds off to the side, then grab the spade, put my old shoe on the blade, press hard! Press harder! The ground won't give! Well, try, try again. Put your weight into it! Don't quit!

Just remember all the tasty crops you foresee adding color and life to our back yard and to our summer meals.

After a lot of effort, I'm finally seeing in a bit of loose dirt the promise of a garden! Keep at it! Forget that you are 88-years-old! Think of all the radishes, onions and chives that will tickle our taste buds and of the vitamins that'll shore up our health. Come on spade, let's get this dirt turned over!

Why am I feeling so hot? What does that thermometer say? Ninety degrees! On June first! "Weatherman, didn't you tell the sun," "You're not supposed to switch on the nineties until the first day of summer, June 21?"

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Life All Around Us Ready to Pop Up by Sr. Franceline Malone continued

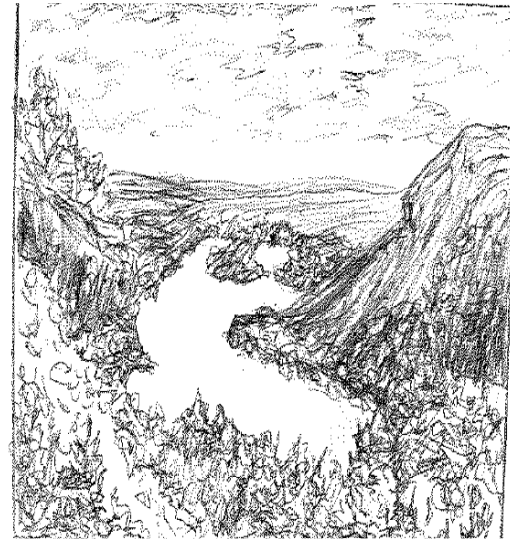
Fortunately, the Paul's Run's garden's success does not depend on an 88-year old gal turning over hard soil. Some other youngsters in their seventies and eighties were involved right from the beginning. Under the direction of Pat Schuyler, six large and three small hampers, plus two upright planters on legs, got their tummies filled with rich, dark soil making it unnecessary to turn over hard-baked soil with a spade. A trowel will handle the soil in the planters that are just pleading for starter plants and fresh seeds to give them life!

Older gardeners, who could still get down, filled the planters with a few small live plants and got to work spreading herb seeds around them. A couple of other folks who no longer can depend upon kneeling were happy to pull their walkers up to the tall uprights and start bringing them to life with yet more flowering plants and seeds.

Already the cheerful flowers and green plants in the pots are smiling at those walking by! Less than a week after planting, baby radish leaves are already soaking up the sun. Won't be long before onions, leeks and radishes join the springtime celebration of new life

Water, Promise of Life: Creator's Gift to Us **By Sister Franceline Malone**

Water, water, every where,
And all the boards did shrink;
Water, water, every where,
Nor any drop to drink.



Lots of us old timers remember studying Coleridge's "Rime of the Ancient Mariner" in high school. As I have been reflecting on what I've been reading lately on the internet about what's happening to our precious gift of water in today's world, Coleridge's lines echoed in my heart and mind.

The title of one 2015 article, "Poisoning Our Waters, Our Earth, Our Animals and Ourselves" really shook me up. We drink water multiple times a day, we bathe and shower in it, we cook with it, wash our dogs, our hair, our dishes, our clothes, etc. in it. Not only does it leave us nice and clean, it refreshes us like nothing else.

I've lived in city houses, an apartment in Paul's Run, in the country, in the desert on the Navajo Reservation. Every place had water, some had been pumped up from the ground, (like that at St. Michael Indian School) but it was always clean and refreshing. People in Arizona who did not have water in their homes could get it by driving (sometimes a long way) to wells placed in strategic areas. None of us living in the city or country ever hesitated to put a glass under the spicket and drink deeply.

Water, Promise of Life by Sr. Franceline Malone continued

So what is this about poisoned water?

The author starts "With groundwater being a source of potable water for many people, groundwater contamination is a serious issue." [Keep in mind that we at Paul's Run get our water from the Philadelphia Water Department. We will get into that in detail a bit later.]

Cropland runoff of pesticides and agricultural fertilizers containing nitrogen and phosphorus into waterways can poison insects, fish and animals that prey on them. The article's author in 2015 claimed, "Everyone is drinking or absorbing poisoned water." Not just the usual ones like fluoride, chlorine and heavy metals, but "a poison far more insidious and far reaching." Your water is likely poisoned by radioactive waste sources like tritium (a byproduct of nuclear reactors.) Tritium is linked to cancer. Because its radioactive poisons are in drinking water, it can move anywhere in the body.

"The land and water are no longer in harmony anymore," claims the article. Earth's poisons include man-made radio-active waste. Water is increasingly more contaminated especially so since 1942 "when Europe and the U.S. military began disposing of their nuclear waste from weapons into the oceans, and the fall-out from atomic bomb testing." (Alvarez 20212).

According to Wikipedia.com fourteen other countries dumped radio-active waste into more than 100 ocean sites. Discussions to cease dumping radio-active waste in water began in 1972, but not until 1993 was a treaty signed banning ocean disposal of low-level radioactive wastes. However, reports show that nuclear waste is still going into the ocean especially off the coast of Somalia.

Water, Promise of Life by Sr. Franceline Malone continued

Oceans were able to handle the waste without too much stress. Unfortunately some currents were carrying the particles from coast to coast. Nuclear spills from Japan reached Alaska and California.

Now for more encouraging news! Philadelphia's Water Department gets fresh water from the Delaware River Watershed at one of its three treatment plants.

Beginning in New York State, the watershed extends 330 miles south to the Delaware Bay. Our Schuylkill River is part of that system .Every day hundreds of millions of gallons of top quality drinking water, originally drawn from our local rivers, are produced and made available to all of us thirsty folks!

Cryptosporidium found in fresh water can cause illness in humans. Philadelphia is one of the nation's leaders in the organism's research. PWD works closely with our Philly Department of Health to ensure our tap water is free of Crypto sporidium and other harmful organisms.

PWD voluntarily tests our creeks and rivers for other possibly harmful chemical substances (PFAS) used in industry and some consumer products. It has not detected any amounts at or above the Environmental Protection Agency's advisory level.

The EPA itself did a recent independent test which showed no detectable PFAS concentrations in Philadelphia's treated drinking water.

So, let's fill our glass and drink deeply of life.

Make 'Em Laugh

Arnie Escourt, May 2022



Our Show "Make 'em Laugh" made our friends smile and laugh
Robb as our Guild leader helped us develop our actor's craft
We had to punch our key words and try to show our emotions
We needed to look at the audience and not cause a commotion

We had quite a diverse group of actors that you did see
Elaine and Sam, Pat and Katherine, Marjorie and Arnie
Carole and Kate, Stan and Barbara, as well as Howie
All of us sang or talked about the history of TV

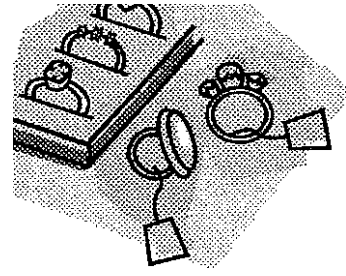
The Honeymooners had a problem with their visiting mother-in-law
And the Joggers didn't know what their love lives still had in store
Howie had to cry since he wanted to and had a gal who acted silly
And Barbara told Sam all about her family and her brother Willy

Everyone really laughed at the wrong number phone call
And Lucy was really funny when her alcoholic drink made her fall
We were not the best singers but we enjoyed all the singing
And Chris got the microphones working and the bells ringing

Denise our piano player was very helpful to all of us
There were so many changes and she never made a fuss
Thanks to all the Paul's Run staff for all their support and care
We did two full house performances without problems or fanfare!

I Wish You Enough
By Arnie Escourt

When is enough, enough?
When the meat is too tough?
When you have lots and lots of dough?
When you have beautiful diamonds to show?



But these "enoughs" are worldly ideas.
They don't deal with hopes or fears.
There are deeper values to hold most dear
Like a baby's smile or a mother's tear.

I wish you enough sun to keep your attitude bright.
To be happy, thoughtful, with spirits light.
I wish you enough rain to appreciate the sun even more,
Before the sunset sinks below the desert floor.

I wish you enough happiness to keep your spirit alive and well,
And may all your successes be worthy to tell.
I wish you enough pain so that the smallest joys in life will seem to grow.
And bring you the feelings of happiness that good people should know.

I wish you enough gain to satisfy most of your needs and concerns
And enough foresight to keep a little of what you may earn.
I wish you enough loss to appreciate all you possess,
And pray you share, so that others can find their portion of success.

I wish you enough hellos to get you through the final good-byes,
With a minimum of tears and very few sighs.
I wish to offer enough love so you always feel safe and secure
I wish you deep serenity when you approach heaven's door.

Promises

By Arnie Escourt

You need to keep your self-respect with all those around you
Always act as fair and square as many others do!
If you owe a debt to them with money or some other kin
Let not your credit rust away or ever fall behind!

Pay your debts no matter large or small and be forever free
From any doubt that may arise regarding your honesty.
Be faithful to all your promises, dependable and true
Even though, they may not keep their promises to you!

Never spend more than you can afford!
If you are not sure, this item will not be a reward.
Debt is like a sink-hole, it never gets smaller.
Caution and care with solvency always lets you feel taller.

If you learn to save a little sum each week
You will always have those special somethings you seek.
It is a difficult lesson to learn for almost all
But if you consistently save, your worries will always be small.

It's Never Too Late

By Arnie Escourt

Death, going over, they left, what can you say?
When our loved ones die, they really go away!
Life always starts with the miracle of birth.
It happened to all of us on this wonderful earth.
It is interesting that we all come to life crying
And when our loved ones leave us someone does cry or sigh.
Whatever our status, belief, religion, need or care
No one has found a way to avoid going there.
But life is precious, mystifying and good
And we all try to live as long as we actually could.
We make jokes about our silver and golden years
They should be filled with joy and gratitude not jokes or tears.
It is wrong to let our kids or grandkids boss us around
It isn't right, is their advice really that sound?
We have wisdom, experience and knowledge for our years
Don't we have plenty of common sense that we can share!
Don't let them roll you off into the sunset
Driving, living, reading and doing are our best bet!
Today may be raining, cloudy, miserable and glum.
But tomorrow will be beautiful with lots of sun.
If you are lucky to have a dear mate because of God above.
Hug them and squeeze them and show them your love.
Retired, you know how great it is to be busy doing your thing
Building, sewing, traveling, reading a book or trying to sing!
So, what if you take pills or naps, you still have the gift of life
Get off the sofa, get some fresh air, go dance with your wife
You can go camping, fishing, or lighting a camp fire.
You can do any thing that is your heart's desire!
Life can be a challenge, a dare or a hobby without any trouble.
See your tomorrows as exciting with all the zest of a bursting bubble.

July 2022 by Ed Scully

I have been reflecting upon the firing of Je Girardi as manager of the Philadelphia Phillies and I now wonder if it should really have occurred. If one takes a hard look at his entire baseball career, it would be rather difficult to treat him that way. First, he was a very good catcher, doing very well with the Cubs, Rockies, Yankees and the Cardinals. For your information, catchers are most often named as managers because they are very often involved in the decision-making in running a ball club and determining what pitches should be made going against the better players of all... especially against the better teams that their batter is going against. Many times when a team is facing a difficult team, it is much easier to fire a manager than a few players who are performing poorly; as were several players when Girardi was fired so uncaringly. Let's see what Bob Thompson does after functioning as a manager for four to six weeks. His nine game winning streak was almost miraculous; but do you think Girardi could have been as successful, especially when a few players seemed to be waking up so obviously. By the way, there are still a few bums on the team, especially among the relief pitchers. If some of them had done just a little bit better, I am sure Girardi would still be the manager.

Girardi is a mechanical engineer graduate of Northwestern University and it is estimated that he is worth 15 million dollars and earns at least \$2.5 million dollars annually. He knows how to relate to people having saved a woman's life in an auto accident; and when manager of the Yankees, he required that all must go beardless; which to me would be very desirable even today.

Joe Girardi could have several job opportunities, even one as a baseball game announcer; which he has had before. However, he probably will take a little time off and I have no doubt (unless he wishes to retire) that next year he will be a major league manager. Meanwhile I still wish Bob Thompson success this year.

July 2022 by Ed Scully continued

Summertime has been here for over nine days. It is a great time to join a Paul's Run Exercise program. How about it? There is a program nearly every morning at 9:30 AM.

You are all urged to give some thought to undertaking a self-determining project that provides some motivation to join the group that is already exercising. There has been a substantial increase in residential population and it would be a worthwhile goal to increase the number of exercisers by ten residents. Let's do it!

You may not enjoy the first few of exercising, mainly because you are not used to doing the exercising. Just a little patience.

It is not known for sure if I am a descendant of Benjamin Franklin, although I am a life-long resident of our fair city of Philadelphia where he also spent quite a bit of time, except for his exploits in France and England. Anyway, I recall he once said that two things in life are inevitable: death and taxes. As long as we have some income/funds to reside here at Paul's Run, we may be still paying taxes with a governmental department seeking to get them from us and also determining how much it will get from each resident.

On the other hand, there is something we may do to slow our aging a bit and even retain some of our youthful vigor. In a previous issue of The Runner, I suggested that we pay some attention to SEE: Sleep, Eat and Exercise. Today it is my intention to put a little more emphasis on SEE.

I didn't check anyone's apartment, but probably every resident has a bed in order to plan on sleeping during the evening hours. That's a good starting point to attempt to develop and stick to a sleep routine. It may help to turn off the TV and all other electronic devices about 5 Minutes before bed. Go to bed and get up about the same time every day – even including weekends. It is also suggested that you try to avoid daytime naps and make sure your bedroom is comfortably cool and dark. Lastly, getting seven to eight hours of good-quality sleep each night offers many benefits to your overall wellness.

July 2022 by Ed Scully continued

It's rather obvious that what you eat affects your physical and mental health and the dining room menus is the handiwork of Paul's Run nutritionist. Pay attention to the presentation of two or three suggested entrees. Some food specialist put a limitation of red meats as a way of decreasing the risk for heart disease and diabetes. Meanwhile, highlighting different colored foods like blueberries and cherries and avoiding sugar at a reasonable rate is a way to feel healthier and to lower your blood pressure. Monitoring your diet and eating habits is an integral part of aging peacefully here at Paul's Run.

With regard to exercising, it is recommended that you should get moving. A great way is for those of you residing on upper floors: take two or three trips down to the first floor. Also, just walking around our buildings a couple of times a day is a wonderful exercise. Also, the scheduled gymnastics and workouts in the gym are definitely beneficial to just about any part of you.

Every dinner that I have had recently in the Paul's Run dining room ends with an enjoyable fruit cup of a delightful and tasty bit of pineapple. Ahhh!

During a visit to Hawaii, I think I was correctly informed that the Dole Company or any other company does not grow pineapple there. I never did find out why this is so, but I still like pineapple very much regardless of where they are grown.

Later, I found out the pineapple is indigenous to South America where it has been cultivated for centuries. Its introduction to Europe in the 17th century made it a significant cultural icon of luxury although it has been grown in green houses and on many tropical plantations all over the world. A point by point analysis of the pineapple industry shows an expanding growth because of increased standards in its production process coupled with an increased demand (like here at Paul's Run). Probably enough has been said about its growth since it is really intended to show you the benefits of eating them.

They are loaded with nutrients, particularly with Vitamins A, C and K and also with disease fighting antioxidants that may reduce the risk of ailments such as heart disease, diabetes and certain cancers.

July 2022 by Ed Scully continued

They may aid digestion because of containing bromelain, a group of enzymes that helps to break down proteins and aid digestion. Following up the benefit listed above, the reduction of risk of cancer may be a great benefit by its minimizing oxidative stress. Also easing of some arthritis symptoms, and even speeding recovery from various surgeries or even an exercise is a benefit.

They are ridiculously easy to add to your diet here at Paul's Run. You may always have it by simply putting it on the menu you give to your server. At other times, you may include pineapple in your shopping trips. It also works quite well with numerous dishes and may be purchased as chunks, rings and as a drink of juice that is appropriate at any time of day.

Very remarkably, there is little or no health risk to eating pineapple unless you may have an allergy to it. Pineapple juice contains a variety of vitamins, minerals and beneficial plant compounds that may protect you from disease. (For you info, Popeye often drank pineapple juice rather than eat spinach).

Here we are in the month of July, the start of the second half of 2022 with hopes that it will be possibly somewhat better than what we have experienced during the first half; a war in Ukraine with which our country is supplying weaponry and all kinds of military support; a continuation of senseless killings in our city; no end to the COVID-19 pandemic and a continuing need for masks and a second and maybe more booster shots; a shortage of baby formulas; and era of inflation affecting the increased cost of critically required gasoline and groceries; a needed and sensible way of allowing the purchase of guns and rifles in order to avoid massacres forever like the horrible slaughter of children and their teachers in Texas; and much more needed attention to the prevention of forest fires that are rampant throughout our nation; and a need to figure out how to initiate some form of climate control not only for today, but also the distant future and probably many other concerns not mentioned. It is my feeling that we who reside at Paul's Run should be thankful to God that we are living rather well and sheltered from the travesty now going on.

July 2022 by Ed Scully continued

Somehow or other, it may be a good idea to prepare something in this Runner to help us to establish and maintain a more enjoyable atmosphere. Accordingly, I have reviewed a publication called “Moments” that contains hundreds of Pulitzer Prize winning photographs since 1999, having been re-issued about a dozen times since then. To present something to you readers, I have selected several moments that have been photographed during the month of July, of some great occasions that you may not be aware of.

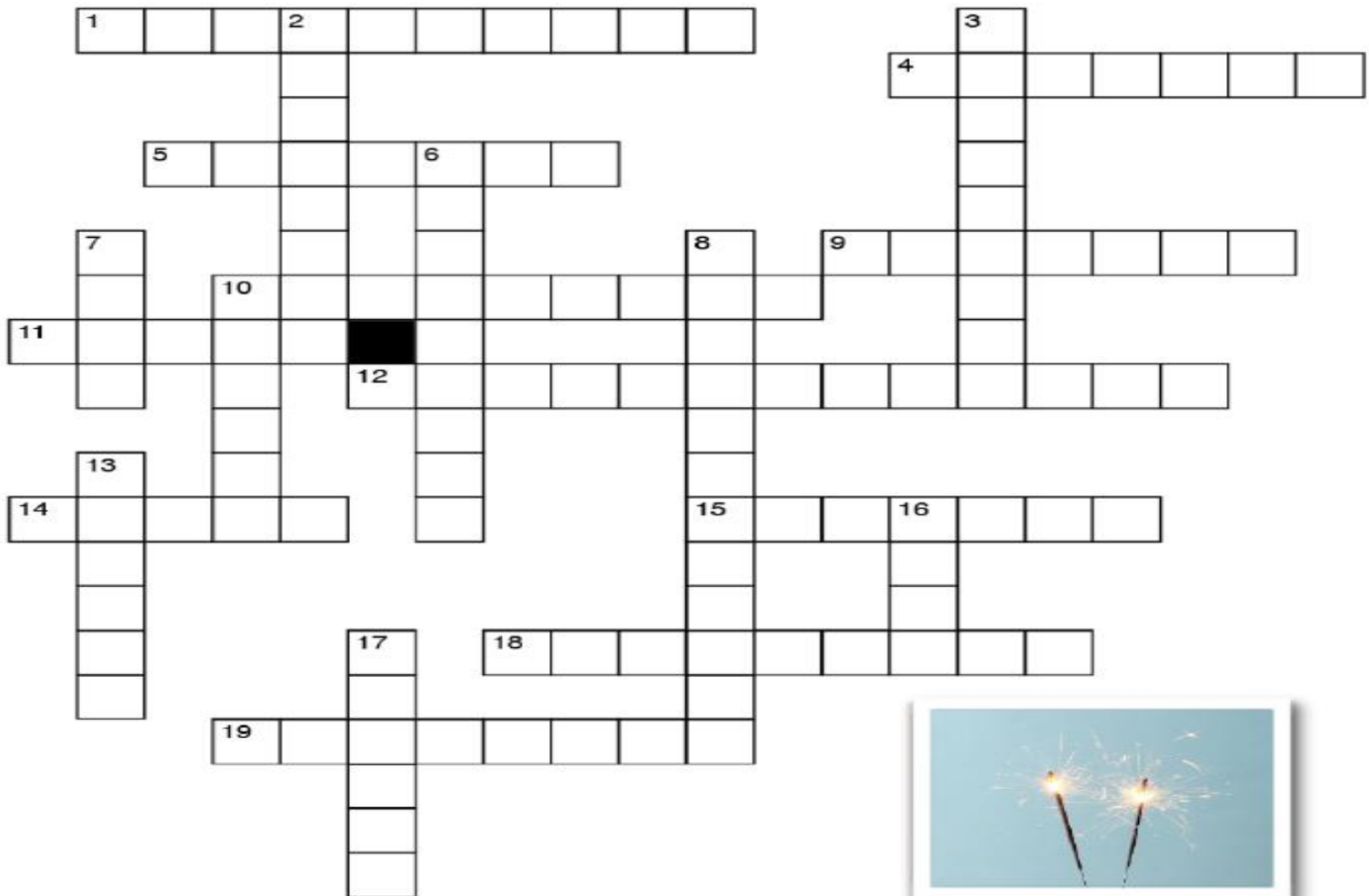
However, I’m starting with a very great moment that took place long ago before the introduction of Pulitzer Prize awards – the great year of the Declaration of Independence that we take enjoyment in celebrating it by fireworks, parades, picnics, barbeques, concerts, songfests, holidays from our workplaces while receiving pay for it. I very proudly tell you that this great day started in our fair city of Philadelphia. One little chink in all of this is what I inform you residents that the moment should have been on July 3. It was delayed a day because one or more delegates were unable to get to Philadelphia on time. I think this was the first time every that anyone was a day late and a dollar short. See a few selections of July notes of Pulitzer Prize Winning Photographs:

- 1944: US Airborne troops and British paratroopers invade Sicily
- 1947: Mother Frances Cabrini, the first American Saint was canonized
- 1954: The three year old Korean War ends leaving both sides in ruin
- 1958: Althea Gibson, age 29, is the first black woman to win Wimbledon
- 1960: VP Nixon and Russian Premier engage in Kitchen Debate in China
- 1965: President Lyndon Johnson signs the Civil Rights Act
- 1970: Neil Armstrong becomes the first man to step foot on the moon
- 1977: Romanian gymnast Nadia Comaneci is first Olympian to score 100
- 1978: The 799 mile Trans-Alaskan Oil Pipeline begins full operation
- 1979: Louise Brown, the worlds first test tube baby is born in London, England
- 1982: Prince Charles marries Lady Diana at St. Paul’s Cathedral in London
- 1987: Newly refurbished Statue of Liberty celebrates her 100th birthday
- 1997: Dolly, a sheep is the first complex animal cloned from an adult cell
- 1997: TWA Flight 800 explodes over Atlantic after leaving Kennedy Airport
- 1998: British colony of Hong Kong is transferred back to communist China
- 2000: John Kennedy Jr, and wife Carolyn die in a plane crash
- 2006: Israeli tanks launch attack on Hezbollah in Lebanon
- 2008: Final Harry Potter book released

JULY CROSSWORD

July 2022

Light Up the Night Sky
Use the clues to fill in the crossword.



ACROSS

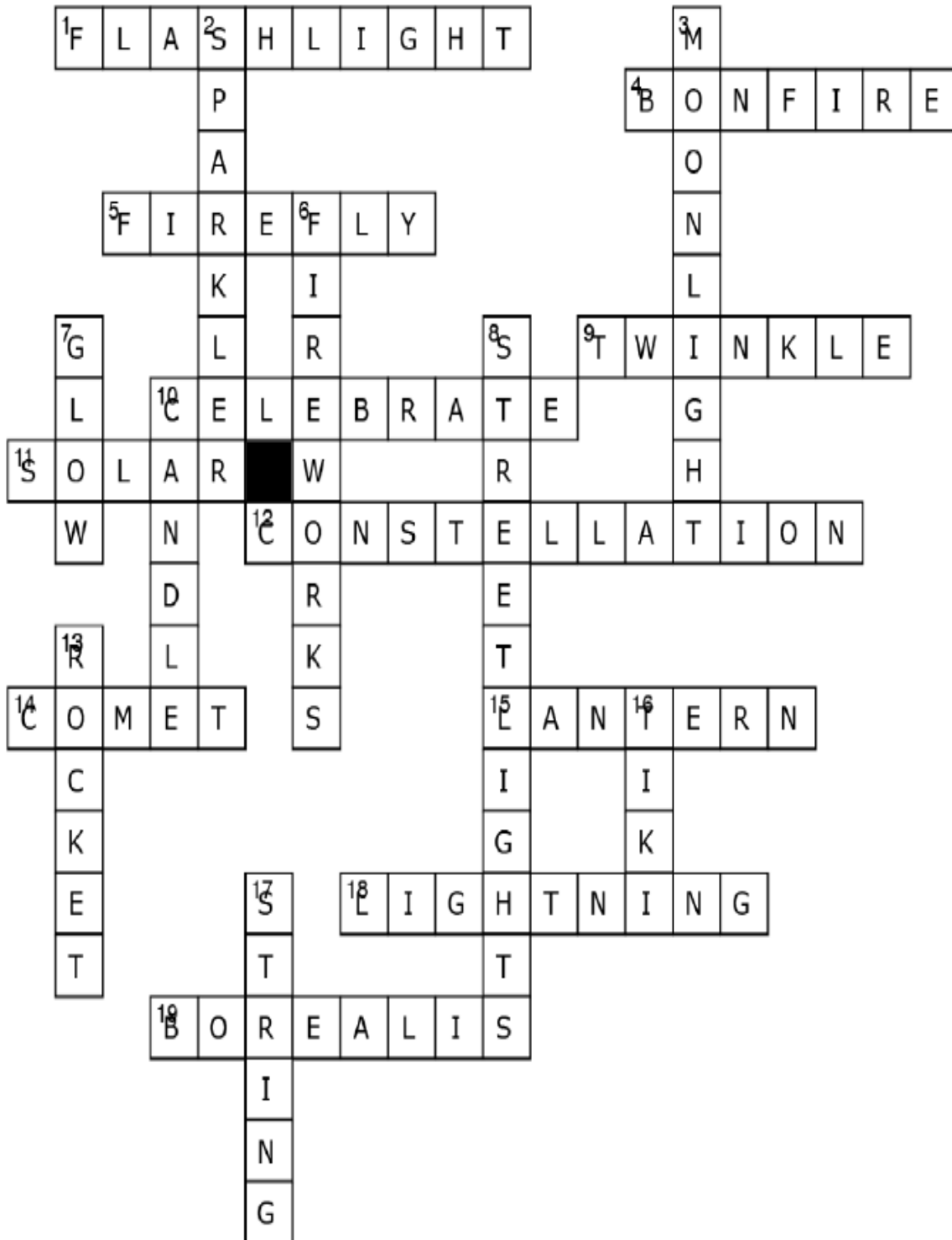
1. Tubular illuminator
4. Large outdoor fire
5. Lightning bug
9. Sparkle synonym
10. Throw a party
11. Sun-powered
12. Stars in a pattern
14. Celestial streaker
15. Camper's light
18. Thunder's partner
19. Aurora _____

DOWN

2. Handheld firework
3. "What a Little _____ Can Do"
6. Pyrotechnic display
7. Shine softly
8. These turn on at dusk
10. Type of firework, Roman _____
13. Type of firework, bottle _____
16. Polynesian torch
17. Corded lights

Light Up the Night Sky

(solution)





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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

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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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nmoffatt@libertylutheran.org.

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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.

THE GENERAL STORE HOURS OF OPERATION

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

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