

AUGUST RUNNER

"Summer afternoon—summer afternoon; to me, those have always been the two most beautiful words in the English language."

~ Henry James



Dog of the Month – Doberman Pinscher

The Doberman pinscher is also called a Doberman, Dobie, or Dobe. This fearless, agile, and powerful breed was developed in Germany as a working dog at the end of the 19th century. These dogs have a short coat that comes in a range of colors, including brown, fawn, red, and black. Dobies are renowned for their grace, intelligence, and loyalty. They make good pets, watchdogs, and service animals, and are often used by the police and military. In fact, Dobermans served in both WWI and WWII, helping to guard soldiers and sniff out mines. They also participate in military drill



teams. While it's understandable to be a bit wary of these formidable dogs, they are actually quite sweet, gentle, and loving. Doberman pinschers do best in moderate climates. With their short hair and low body fat content, they do not do well in the cold or rain. Additionally, their dark fur makes them prone to overheating on hot days.

Special Days

**Chocolate Chip
Cookie Day**

August 4

World Elephant Day

August 12

Left Handers Day

August 13

Senior Citizen's Day

August 21

National Dog Day

August 26

Flower – Gladiolus



Gladiolus are August's flower. This lovely flower represents strength and integrity—not surprising when you consider that its name comes from the Latin word for sword, *gladius*. While its sword-shaped stems might imply Roman gladiators, its romantic flowers are capable of piercing a heart with their beauty. This might be why infatuation is another of this flower's meanings. Gladiolus, or "glads" as they are commonly called, come in a range of colors and sizes, making them a versatile mainstay in floral bouquets.

Birthstone – Peridot



In 1912, the American National Association of Jewelers adopted the peridot as the official birthstone for August. The pronunciation of this gem is often confused: it is correctly pronounced *PAIR-uh-doh*, not *PAIR-uh-dot*. Peridot is a green gemstone that is as popular today as it was in the past. It has been found in ruins of ancient Egypt and Greece. It was often called the "evening emerald" by ancient Romans, who noticed that its green color shone even more vividly in lamplight, resembling deep-green emeralds.

Show Your Birthday Colors

August 1–6 Pink

“Pink” people are always trying their best to make others happy. They like to help and care for others, making them wonderful friends. They are also known for their lovely smiles, great stories, and kind hearts.

August 7–13 Blue

Those who were born “blue” are clever, cheerful, and artistic. They fall in love with their heads more than their hearts, which might explain why their relationships last. They are also the person to seek out if you need advice.

August 14–23 Green

“Green” people are shy and introspective, but they get along well with new people and make very loyal, supportive friends. They tend to have a knack for gardening, crafting, and cooking.

August 24–31 Brown

Those who were born under this color are active and sporty. They make cheerful friends and are understanding but firm. They have strong views and strive to be good money managers and drive a good bargain.



In the Good Old Days of August

In August 1932, the average annual income was \$1,652. A new house cost \$6,515, and a new car was \$610. A gallon of milk cost 43 cents, but you could get a gallon of gasoline for only 10 cents.

August Zodiacs

Leo (the Lion)
August 1–22

Virgo (the Virgin)
August 23–31

August was originally called *Sextilis* because it was the sixth month of the year. In 44 BC, the month became the eighth month of the Roman calendar. It was not until 8 BC that the name was changed to August, in honor of Emperor Augustus Caesar. August was initially only 30 days long. However, Augustus wanted his month to have as many days as July, which was named for Julius Caesar. To appease Augustus, one day was taken from the month of February and added to August.

Celebrating Lefties

August 13 is International Left-handers Day. About 10% of the population is left-handed. From scissors to bikes, lefties live in a world built for right-handedness. However, left-handers make do and are thought to be an especially dynamic lot, including many leaders, artists, and other creative thinkers, such as Oprah Winfrey, Lewis Carroll, Joan of Arc, Jimi Hendrix, and Neil Armstrong.

What's Lucky in August?

Lucky Color: Aqua

Lucky Animal: Frog

Lucky Day: Friday

Lucky Plant: Blueberry



August Birthdays

Yves St. Laurent (fashion designer) – August 1, 1936

Tom Brady (quarterback) – August 3, 1977

Peter O'Toole (actor) – August 2, 1932

Martha Stewart (businesswoman) – August 3, 1941

Andy Warhol (artist) – August 6, 1928

Jean Piaget (psychologist) – August 9, 1896

Hulk Hogan (wrestler) – August 11, 1953

Alfred Hitchcock (director) – August 13, 1899

Debi Mazar (actress) – August 13, 1964

Connie Chung (journalist) – August 20, 1946

Kristen Wiig (comedian) – August 22, 1973

Barbara Eden (actress) – August 23, 1931

Mother Teresa (missionary) – August 26, 1910

Lisa Ling (TV host) – August 30, 1973



It is hard to believe that it is already the month of August.

This month I would like to share more bios of new residents at Paul's Run:

Harriet Brooks (A 237)

Harriet is a brand new resident here at Paul's Run. Harriet lived at the Plaza in Jenkintown for four years prior to her residency at Paul's Run. Harriet also lived and enjoyed her apartment at Meadowbrook in Huntingdon Valley for 13 years. Harriet raised 3 daughters – two of which still live locally, one in New Jersey.

Harriet is a proud grandmother of 7 grandchildren. Harriet previously worked alongside of her husband, a family physician at his office at Kensington and Allegany in the medical office. So far, Harriet is enjoying the friends she has met at dinner and enjoying their company as well as attending Bingo and crafts. Harriet is very happy to be living at Paul's Run and looks forward to meeting more residents and experiencing more programs.

Ralph Borzillo (A121)

Ralph has lived in Northeast Philadelphia many years. Ralph is a retired furniture salesman for Levitt's Furniture where he was employed for 25 years. He loved his sales job aside from the work schedule to include weekends.

Born and raised in South Philadelphia, Ralph would often return to his neighborhood to visit his mother. Ralph often would play cards with old friends while there and enjoyed the neighborhood feel.

After a number of years, Ralph's children toured Paul's Run for Ralph and were drawn to the beautiful community living. Ralph toured and liked all that Paul's Run has to offer. Ralph is already back playing cards with fellow residents three days a week. Ralph enjoys the dining room experience with his friends he's made at Paul's Run although he does still like to cook on his own. Baked Ziti is his specialty. Bon Appetite Ralph!

Judy Summers Gates (A132)

Judy has lived most of her life in Philadelphia. A graduate of Drexel University with a degree in Unified Sciences, Judy began her career at USDA in the Clinical Cancer Research Support Dept. It is there she met her hubby Bob who too was in the science field.

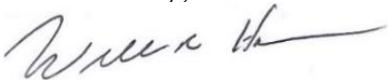
As a couple, both Judy and her husband teamed to judge science fairs throughout the surrounding Philadelphia area. The scientific couple even cracked the Melamine Code- which at the time, Melamine was present in pet food and was sickening many animals. After a few years at USDA, Judy then worked for the Department of Defense located in South Philadelphia. Judy worked in the clothing and textile lab investigating all military items (uniforms/ textile) as well as the Equipage Dept: researching military supplies including boots, gas masks, supplies, jet canopies, and parachutes. Judy has met and communicated with some high profile scientists and astronauts such as Sally Ride, The Challenger Space Crew, and Steven Hawking. From 1991- 2014 Judy then worked for the FDA in their full service lab.

As a teen, Judy's mother always knitted and crocheted. After her mother's passing, Judy came across a single argyle knitted sock dedicated for her father. Judy was determined to knit the matching sock and taught herself knitting and crocheting. This small hobby grew into a crafting obsession.

After retiring from the FDA, Judy worked at Joanne Fabrics teaching knitting, crocheting, quilting, and jewelry making. Asked what her most cherished and proudest crafted pieces were, Judy shared having the opportunity to restore and conserve American Flags, testing tiles and space suits for the space shuttle.

Look on the monthly calendar for knitting and crocheting classes Judy will be teaching here at Paul's Run. Judy and her beloved dog "Snowy" are very happy here at Paul's Run and look forward to providing more crafting classes to our residents.

Sincerely,



Executive Director

It's Hot—Be Sure to Stay Hydrated

Summertime brings lots of outdoor fun. It also brings hot, scorching days. Before you start spending too much time outside, it's important to make a plan for how you will stay hydrated.

Your body is made up of nearly 60% water. It is essential to your well-being. When you sweat in the sweltering heat, you lose body fluids.



Here are a few tips to help you stay hydrated this summer:

1. The easiest way to stay hydrated is to drink lots of water all throughout the day. By adding lemon or lime to your water, you can add flavor without adding sugar. For even more flavor, infuse your water with berries, cucumbers or fresh mint. If you need some flavor, mix 50% juice or lemonade with your water to reduce the sugar content.
2. Though they're considered fluids, avoid caffeine, alcohol and sugary drinks. These beverages draw fluids from your body.
3. Eat foods with a higher content of water, like lettuce, cucumbers, celery, melons, and berries.
4. Keep your body temperature cooler by wearing light, loose fitting clothes that are light in color. While outside, stay in the shade as much as possible, use a spray bottle to mist yourself, and take breaks by going indoors in an air conditioned space to cool down.
5. Avoid strenuous activities outdoors during the hottest time of day.

Watch for signs of dehydration. Thirst and dry mouth are the most common. Others include dizziness, rapid heartbeat, confusion, headaches and muscle cramps. As people age, they may lose their sense of thirst. Certain medications like diuretics cause fluid loss. If you experience incontinence, you may be reluctant to drink too much water.

Remember that you don't have to be outdoors to become dehydrated. When temperatures are very high, be sure you stay indoors in air conditioning. If your home is not air conditioned, make a plan to go places that are.

Independent Living August Community

Thursday

August 4 – Tiffany Diner
August 11 – Ben & Irv's Deli
August 18 – Parx Casino
August 25 – Willow Grove Mall

Friday

August 5 – Bristol Waterfront
August 12 – Holy Redeemer Thrift
Store
August 19 – Neshaminy State Park
& Picnic Lunch
August 26 – Taste King-Chinese
Lunch

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.

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

HOW CAN YOU MAKE A DIFFERENCE IN THE LIVES OF OUR RESIDENTS?



WORKPLACE GIVING!

YOU CAN MAKE A POSITIVE IMPACT

by contributing a portion of your paycheck to charities of your choice. By directing your workplace contribution to Paul's Run, you enrich the lives of our residents while nurturing their physical, emotional, and spiritual well-being.

MAKE A MEANINGFUL IMPACT! [Ask your employer about Workplace Giving and support Paul's Run today!](#)

Plastic: Valuable? Harmful? Mixed Blessing?

By Sr. Franceline Malone

Google "Plastic pollution" on the internet request bar and you get:

"Plastic pollution is the most hazardous and most impactful pollution on earth. Unnecessary piling up of the plastic waste in the Earth's environment is adversely affecting the wildlife, wildlife habitat, and humans. Plastic pollution has its effects on land, water, and air along with plants and animals."

A recent letter from the **Sierra Club** graphically describes the mortal struggle of a sea turtle, "The plastic had wrapped tightly around her head and neck and she couldn't wrench free from it no matter how hard she struggled... The plastic was choking her to death.... She tried desperately to move her flippers, but she was nearly mummified in plastic." The turtle had been found on a beach and was presumably saved by marine biologists cutting away the plastic. Maybe not..

But sea turtles are not alone under threat from plastics. The damage is pervasive, not only poisoning marine life, but many other kinds of animal life. Mistaking the plastic wrap for food, some swallow and choke on it. Humans who eat seafood "may be consuming 11,000 plastic particles a year." I think you need to eat an awful lot of fish.

The greenhouse gas emissions from plastic production release millions of tons of carbon dioxide every year, adversely affecting climate change. In eight years it "will be releasing more climate warming gasses than **all** the coal fired plants in the U.S.!"

The littering of plastic waste on land reduces the quality of the land and the chemicals in plastic breed bacteria and viruses which may introduce deadly diseases. Large amounts of plastic waste are found today in our water bodies. Why? Because we humans find dumping it is the only solution to getting rid of it.

Plastic: Valuable? Harmful? Mixed Blessing? By Sr. Franceline continued

Try asking the Internet, "What are plastics made from?" you may get:

"Plastic is full of long, organic molecules, called polymers. While most plastics are made from oil or similar petrochemicals, they can be formed from just about any organic polymer available. Different types of plastics are suited for different types of tasks, and the manner in which they are made varies from one type to another. Some plastics are designed to be transparent and carry drinking water, while others are designed to be opaque and carry dangerous chemicals."

"In addition to being easy to work with and strong, plastics are benign materials that do not react with many chemicals. This is why plastics can be used to carry many different types of substances. For example, alcohol, gasoline and some acids can be contained safely in plastic containers. While this is beneficial to those who produce plastics or use for commercial purposes, it also means that plastic does not break down quickly. Plastics may linger in landfills for centuries before microscopic organisms and chemicals are able to degrade them."

Plastics: Not all the same. There are hundreds of different kinds of plastics, but we only interact with a few. How many of us know the **7 Common Types of Plastics?** Not all plastics are bad! To better understand their complexity and related health factors

let's take a quick look at the basics.

Fossil fuels like coal, gas and oil were formed in the geological age from remains of dead things. Plastics are made from raw materials like natural gas, oil or plants (coal is rarely used) which are then refined into ethane or propane. "Crack" these with heat, we get ethylene and propylene. Combined, they create a variety of different polymers. Using catalysts, two different types of plastics emerge: synthetic and bio-based. (You don't have to take a test, so relax!)

Plastic: Valuable? Harmful? Mixed Blessing? By Sr. Franceline continued

Catalysts? Remember when you were a kid watching your mom mixing a bowl of flour, milk, baking soda, salt, chocolate chips, then placing small globs on a pan while explaining she was making cookies. They didn't look anything like cookies to you. She placed the pan with its gooey globs in a hot oven. Maybe twenty minutes later, Mom put on gloves and pulled the pan out with scrumptious cookies where globs had been! What caused globs to turn to cookies (too hot to eat but good to smell)? You got it. The **heat** in the oven. I guess you could call heat a cookie catalyst. (Scientists might disagree since I am not a physicist!)

Plastics are not good to eat, but they serve many other food needs. We are most familiar with plastic beverage bottles. They belong to category # **1 Polyethylene Terephthalate (PET o PETE): *one of the most common plastics*** - lightweight, often transparent, strong, good for food packages, bottles and jars and for some fabrics (remember those polyester slacks!) Some bottle producers are now delivering bottles that can be broken down and used to create fresh plastic bottles.

2 High-Density Polyethylene (HDPE), *the most common plastic*, has three types: High-Density, Low-Density and Linear Low-Density. Not only are all three strong, but they resist moisture and chemicals, making them great for building materials, park benches, containers, cartons and pipes.

3 Polyvinyl Chloride: *being hard and rigid, and not conducting electricity while resisting chemicals and weathering*, it is good for wires and cables, lending itself to construction and building uses. Also being impermeable to germs, and easily disinfected, it is widely used in medical applications. Looking on *mixed blessing* side:

"PVC Is the most dangerous plastic to human health." As long as it exists, ***PVC leaches out dangerous toxins*** (ex. dioxins, lead, vinyl chloride.) Uses: credit cards, plumbing pipes, toys, gutters, oxygen masks, medical tubing.

4 Low-Density Polyethylene (LOPE) *softer, cleaner, more flexible than HDPE*. Used as an inner liner of beverage cartons, corrosion-resistant surfaces, etc. Samples: plastic wrap, sandwich bags, beverage cups, garbage bags, grocery bags, etc.

Plastic: Valuable? Harmful? Mixed Blessing? By Sr. Franceline continued

5 Polypropylene (PP): *one of the most durable of plastics*, more heat resistant than some, great for food packaging and storage, able to hold hot items or be heated itself, mildly bendable, retains shape and strength for a long time. Variety of uses - straws, bottle caps, packaging tape, diapers, prescription bottles.

6 Polystyrene (PS or Styrofoam), *rigid, low cost, insulates well.* Has become staple in food, packaging and construction industries. **Mixed blessing:** like PVC, it is a dangerous plastic that can leach out harmful toxins like styrene which food can easily absorb and be eaten. Examples: takeout food containers, cups, product packaging, egg cartons, forks & knives, and building insulation.

7 Other. A Catch-all for any other type of plastic that does not fit one of the first 6 categories. They are not typically recyclable. Orphans without a home!

Try this for fun. Look around your domicile, notice what is made of plastic and try to figure out which of the 7 common types it belongs to?

What is good about each of the plastic items we use? What may cause a problem for Earth's future regarding Climate Change? Is plastic here to stay in one form or another?

Warning - Don't eat your credit card! It might poison you!



Life On the Wing by Sr. Franceline Malone

The magical marvelous Monarch Butterfly is surging - they are ramping up - populations' numbers are skyrocketing! That is to say, according to Monarch censuses, the numbers of migrating Monarchs overwintering in both the Western Migration and the Eastern Migration have vastly improved over last year.

Monarch butterflies ... and their annual North American migration represent one of the mysteries of the animal kingdom, with their so-far inexplicable ability to produce one generation each year capable of traveling up to 2,500 miles and then, even after such a long Journey for such a small insect, overwintering, without any eating, until Spring, at which time they fly north again eating and mating along the way.

The Xerces Society reported it "as an over 100-fold increase from the previous year's total of less than 2,000 monarchs and the highest total since 2016."

[News Brief by Kip Hansen - march 21, 2022]

When I chose the subject for this article, I was recalling the lovely monarch butterflies checking out the nectar in my friend's Long Island garden as we played nearby. Much later in life I admired them flitting among the large bushes hugging the Motherhouse and smaller ones in the cemetery in Bensalem. When traipsing along the James River in Virginia, I noticed monarchs were right at home among the flowers on the sunny hillside and also within the depths of the woods. Even in those dark areas, they rose like flying flowers. It was there that I saw my first milkweed plant. Everywhere that I had seen them, the monarchs all looked alike and were gorgeous - lovely flying beauties.

So what is this about Western Migration and Eastern Migration?

All monarchs need water, flowers, milkweed and nectar. I'm adding a certain amount of heat; they don't breed in winter. In North America there are actually two groups of monarchs with the Rocky Mountains as their dividing line.

Those on the east come from as far north as Winnipeg in Canada and east as the islands off Maine. The hardy, vigorous Eastern Monarchs either travel down the Eastern seaboard or across Texas when they migrate to Mexico. It was not until 1975 that they were actually discovered overwintering there.

Life On the Wing by Sr. Franceline Malone continued

While traveling through Texas, they frequently pass through vast areas of drought and wildfires. After crossing the Rio Grande, Eastern Monarchs find themselves in a mountain forest 60 miles west of Mexico City. They converge on a few acres of forests where they roost over the winter snuggling together for warmth on oyamel fir trees.

Making their way to California, some Western Monarchs overwinter in eucalyptus groves on farms and land around the central California Coast. In 2020 only 2000 western monarchs were counted. When counting officially began in 1997, there were more than 1.2 million recorded! While poor numbers in 2020 raised fears of extinction, the surprising October 2021 increase peaked at 250,000 in California's coastal groves! WOW! What a relief for those keeping track and for monarch lovers! The reason for this multiplication of the westerners is still unexplained!

Was the increase due to climate change? Did weather fluctuations disrupt the rhythms of wildflower production? Drought favors monarchs, producing warmer springs and more milkweed. California's warmer cities now also attract breeding clusters. Maybe some larger Eastern Monarchs switched traveling from Mexico to hitting California's warm beaches where they might consider taking a swim (not a good idea!) or at least lounging on the beach.

Monarch life does not start out as a full grown butterfly, but future monarchs need a female and a male with two tiny black spots on its lower back wings. After they find each other, an egg emerges, hatches and eats its own nutrient filled egg. The chubby caterpillar, with its black and yellow body lines, munches its way to adulthood entirely on milkweed leaves. Entering the final cocochrysalis stage it emerges as a butterfly, finds a mate, lays her own eggs and a new life story begins as in about 10 days, the old butterfly will die.

Once as a sixth grade teacher, I found a butterfly chrysalis, placed it in a wide jar with a napkin across the top. The children watch it for a few days, check it occasionally. One day in the midst of a lesson, "Look!" cries out a boy sitting near the jar. Every head turns. We all see a beautiful white butterfly emerge.

Waitresses and Waiters
By Arnie Escourt



Waitresses and waiters usually smile and give us the menu
When we are tired, hungry and need a break, theirs is the venue!

We go to a restaurant to get a snack or meal
We usually order something that has some appeal.

Of course, we each have our own list of what we like or not.

We care what we get and usually like it cold or hot!
We always expect the order to come out quickly and well
And if it does, we feel delighted and swell.

We get annoyed when someone in our party kicks up a fuss
During the meal

Their complaining is upsetting to all and is not ideal.
We enjoy good service, the kind word and smile
They add to the quality of the meal and makes the trip worthwhile.

There are some that serve us with a sour face
It may not be helpful but it is no disgrace.
But we come to relax and to enjoy
We don't want crying children or whatever to annoy.

We should respect all those who provide us with service
They cash our checks, clean our spaces and rarely disturb us.
Their jobs depend on their being understanding and nice
We hardly notice but they are usually hard working and wise.

And so, to the Mary's Nancy's and to Tom and Harry
We also try to be friendly, smile, chat and tarry.
And when we are finished and ready to leave
A thank you is usually in order, that we firmly believe.

THE ROMANCE OF THE SOUTHWEST

By Arnie Escourt

Stretches of desert touching heavenly blue
Clouds, peaks, and views painted with natural hue.
Brown and black snow laden mounts reaching to the sky
Valleys with meanders, nature's wonders dazzle the eye.

Proud Indian heritage etched in silver and stone
Pottery with basic simplicity, theirs alone.
Spirits, hidden forces, keen knowing looks
Secrets gleaned from heritage, not learned from books.

Shaping and twisting the silver, molding the clay
Perpetuating tribal traditions is the honorable way!
Handmade treasures, a collector's prize,
Weaving and forming while her baby cries.

Forgotten tribes drew pictures on the steep canyon walls
In the light of dying embers, their heritage recalls.
The desert sand and ravines that curve,
Offering our eyes more than they deserve.

Canyons, monuments, petrified wood
Awe inspiring as only nature could.
Views and grandeur so very vast
Proving our future is anchored to our past.

The Cat's Tale

By Arnie Escourt

I suppose it was in April that the ladies spied the pretty cat
It was running loose, looked hungry and that was that
Ann and Pat saw the sad little guy nearby on the ridge
Just below the Bustleton Avenue Bridge

It looked hungry and needed some attention and care
So, for a few days they both tried to find it there
The days had been both warm and cold
And on the concept of catching the cat, they were sold.

They were lucky and caught the cat just before all those days of rain
Somehow the cat had broken its rear leg and was in a lot of pain.
Ann and Pat took the poor fellow to the Vet before more time past
And learned that it had an infected ear and needed a leg cast.

Ann kept the sad little guy in her little spare room for a quite a while
They had to protect the rug and sofa, but the cat made them smile
When the cast came off, the ear was no longer a scare
But the leg had an infection and needed extra care

So, they put one of those plastic contraptions around its neck
To prevent the cat from licking its sore and making a wreck.
Little Freddie, Ann's cute, little dog made friends with the cat
They played together, but there was more than that

After all that time and care, Ann and Pat gave the cat away
Sad, little Freddie now needs to find another friend with which to play.

Yearnings by Arnie Escourt

I suppose I am naive and getting a bit slow
But I am finding myself disappointed with this world I know.
We have more frequent clouds of hate and storms of war
And how much worse tomorrow's news has in store?

The leaders of the world allow starvation and pollution.
All business leaders care about is profit and ignore destitution.
The poor are getting poorer, our middle class is slipping away
Our future looks like another hot, nasty or rainy day!

I remember when teachers were respected and actually taught
Schools were designed for teaching kids what they sought.
Boys could play with toy soldiers and attack the fort
While girls could dress up and act like women at the royal court

I yearn for what children usually see with their innocent eyes
They all seem to be color blind, very trusting and tell no lies.
Their days are filled with fun and play, singing and joy
Their young lives are very exciting for each girl and boy.

Our citizens no longer respect the obligation of the Vote
Based on the past, this is a fact I hate to quote.
Our leaders are not looking after our urgent national needs
They act as though the old and the sick are useless as weeds.

The needed safeguards are slowly being whittled away
Our air and water are getting worse every day.
The rich are getting richer and poor have less and less to pick
And with our shaky health system more are getting sick.

All their promises for greatness have gone astray
The news from Washington gets worse every day.
Some changes are good and some are not
We have to review our rights and obligations that many have forgot.

August 2022

By Ed Scully

The other day in New Orleans I heard this song "Don't Be Ashamed of Your Age" a Country and Western song that I feel could fit in comfortably with the songs sung by the Paul's Run choir. So here it is.

Don't be ashamed of your age
Don't let the years get you down
The old gang you knew, They still think of you
As a rounder in your old hometown

Don't mind the grey in your hair
Think of all the fun you had puttin' it there
As for that old book of time
You've never skipped a page
So don't be ashamed of your age
Brother, don't be ashamed of your age

Now listen Mr. Smith and Mr. Brown
Don't let your age get you down
You know life can't be green until
You're forty son
That's really when you really start to go to town

Don't wish that you were a lad
Why boy, you've lost more girls than they ever had
You've graduated from that ol' scrubber stage
We're not ashamed of our age

The above song was among those that John Prine a former mailman sang several times in Philadelphia and environs. He passed away from COVID-19 about two years ago.

Ed Scully August 2022 continued

It is hoped that all of you enjoyed the July 4th holiday here in the northeast neighborhood of Bustleton and will have a great time during the remaining summer. I am spending most of my summer in Incline Village which borders Lake Tahoe in Northern Nevada. I was so honored in a July 4th parade of antique autos by being chauffeured in a Model T 1925 before a gathering of visitors and townspeople. To my surprise I have been invited to participate in the 2023 parade and again to ride in an antique Ford, this time a 1928, which is the year of my birth. So much about me! There is so much to present about another resident of Philadelphia who had much to do about why we are celebrating this opportunity to celebrate independence since 1776!

I am greatly pleased to introduce to the residents, staff, and management of Paul's Run the fifteenth of seventeen children, the BENJAMIN FRANKLIN, who was born in Boston Massachusetts on January 17, 1706. Ben, as he was called, was pulled out of school at the age of ten to work in the family shop to help make candles --- which he hated with a passion, Because of this attitude, at the age of twelve, he was apprenticed to brother, James who was a printer nine years older, for whom Ben worked without pay until he turned 21. Then he could go out on his own as a printer. During those apprentice years, James taught him how to print booklets, songs and newspapers, but when he made a mistake, he beat him and beat him even more when he had the effrontery to talk back. To make things look better for Ben in this article, Ben, after attempting to find employment in New York City, so happily he went on to our Philadelphia where he found work with a printer . Very soon he was actually running the business.

In the year 1728, when only 22 years old, he went into business for himself and the next year, when he became fully qualified he began a newspaper, the Pennsylvania Gazette. A few years later he began his own almanac, the Poor Richard Almanac. It popularized so many sayings such as “A penny saved is a penny earned”, “Little strokes fell great oaks”, and “Great talkers, little doers”. The leader in our war for the independence that we enjoy today had many other interests besides printing. He became a renowned scientist and in June 1752 he and his 21 year old son William flew a kite in a storm making a spark proving that lightning was electricity. As a world renowned inventor he invented the lightning rod to protect people and buildings like ours.

Ed Scully August 2022 continued

He invented the very bifocal glasses that you may be wearing, a heating device called the Franklin stove (guess whom it is named after), and a musical instrument called the glass harmonica and many others still in use. Ben Franklin helped to make Philadelphia a great city. The library a few blocks up the city is part of the Library Company of Philadelphia he started in 1731- an establishment that contributed to America's library system. Five years later, totally different from a library, he founded the Union Fire Company, America's first volunteer fire company. He started the Pennsylvania Hospital, still in existence as the first general hospital in the 13 colonies in 1731. That same year a school opened that he helped establish what was called the Philadelphia Academy. It is now called the University of Pennsylvania.

By the time the Revolutionary War started, Mr. Franklin was so well-known having been abroad in Great Britain and France for many years. He helped Thomas Jefferson create the Declaration of Independence and win it by persuading France to join the American side in 1778. We all probably know that he was a key figure in the success of independence in 1776 that established our existence as an independent nation --- of course in our Philadelphia.

There is so much more that can be presented about our Ben Franklin since just about everywhere one travels in the lasting outcomes of him; and his action abounds. However this must end somewhere and of course you must get to bed somehow at a decent and respectable time. Sometime later items like the following may be fitted into our monthly Runner:

- His failing health, while governor of Pennsylvania, that made it necessary for him to be sometimes carried through Philadelphia;
- His being a key figure during the convention and contribution to success and when tempers flared, he told funny stories to ease the tension;
- At age 81 he was the oldest delegate of the 39 signers, and he is the only founder whose fame equaled that of someone named George Washington;
- His prestige was so great that few would have ever considered holding the Constitutional Convention without him;
- One of his last projects was to try to end slavery. He asked Congress to attempt to outlaw it.;
- We have a Benjamin Franklin High School at Broad and Spring Garden Streets.

Ed Scully August 2022 continued

I don't wish to start a panic at Paul's Run, but I came across an Internet article that “60 % of people with a Thyroid Disease don't know they have it at all.” According to the University of Michigan, we often overlook it since the disease is less life-threatening than cancer, heart disease, or diabetes. However as many as 12 million do not realize they have the illness. Residents of Paul's Run, who are at a greater risk of developing Thyroid Disease include women ,those over the age of 60, and people with a history of an autoimmune disease, or a family history of Thyroid Disease. For your information, this gland is a small one that sits in your lower neck, sometimes described as being shaped like a butterfly. It is important to you because it secretes hormones that impact nearly every organism in your body. Plenty can go wrong with the thyroid, especially when your body secretes too much hormone --- a condition known as “hypothyroidism” that speeds up your various body processes, leading to symptoms such as:

- Nervousness and anxiety
- Increased sweating and in the heart rate
- Trouble sleeping
- Weight loss
- Frequent bowel movements

By contrast, sometimes one may secrete entirely too little thyroid hormone – a condition known as “ hyperthyroidism” (spelled almost the same). The symptoms, a little bit different, may include:

- Intolerance to cold
- Fatigue
- Dry skin
- Mood swings and depression
- Constipation

Certainly our medical and nursing staff here at Paul's Run have a handle on any conditions that you may have, including any that may be associated with your thyroid. However, if you have any concerns about any kind of thyroid condition you may have, it is recommended by this totally layman that you have your blood tested to measure your hormone levels. The very good news is that right now most thyroid conditions are very easily testable.

August 2022 by Ed Scully continued

We're so used to viewing movies on television and in the auditorium here at Paul's Run but not too used at all to going to the movies in the local theaters. Certainly, not as often as we did when we were very much younger.

However, I was very fortunate to see the movie "Elvis" a couple of weeks ago and I am very glad that I did. I think that I may encourage you residents to go see it. Because of my brief recommendation that you take time to see it somewhere nearby. I'll start off with his daughter, Lisa Marie, complimenting the movie as "all right". How about that?

If you ask the star of the show, Austin Butler will become metaphysical about Elvis' stillborn twin (Jessie), who we never were able to find out how great he could or would have been. Butler seems to have been preparing for this role of Elvis forever. For example, he spent a considerable part of his youth dancing to the tune of "Blue Suede Shoes".

There is another role –of Colonel Tom Parker, played by Tom Hanks that has also been played as well as anyone could do it. It is very easily predictable that he will win an Academy Award for his performance. It would be a bit sad if you were to miss this show; and I already plan to see it again when I return to Philadelphia in September. So Long for a while!

P.S. In past years, the Cannstatter Verein, on its three day Labor Day Week-End celebrated a very festive occasion of food, drinks, bands, music and sales that one can't help enjoy. In past years, there was always an Elvis impersonator. Its location is Frankford Avenue and Academy Road.

August 2022 by Ed Scully continued

Laughter is good for body and soul -- per a recent Japanese study of more than 12,000 people over age 65 (like many of us). Their laughter habits were evaluated with the following result : Compared with people who typically laughed alone, people who laughed in a conversation with friends had a 30% reduced risk of being functionally disabled. (having difficulty, such as bathing and dressing). The study did not prove that laughter was the cause of their improved function. But we do know that a sense of social connectedness is tied to many aspects of good health. What better way to feel connected than sharing a laugh with a friend?

Aug 2022

By Jack Birnbaum

Limerick # 11

why not- she's , a Shaina, a quiet person lost in
a crowd

Her voice subdued it's a wisp amidst a cloud
she takes part in conversation, her comments
quiet, under a shroud

Talk of grand-daughters violin playing is
proud, and a bit loud

Limerick # 12

Her vision is of confidence and
being able

She smiles while seated at the
table

she is easy in conversation and `
and is yet still very much like a
madel

Friendships 1

by Jack Birnbaum

At about the age of seven my immigrant family moving to Manhattan for business was
not much of a concern

But to me as a youngster the idea of moving from all my toys and finding some new
friends gave me quite a turn

The change from Brooklyn to Manhattan was dramatic in effect
with the level of traffic and noise having an effect

but the loss of my companions in play, mostly family, meant that was of concern with
the possibility of reject

my class at a new school did not lessen my fears in that they were not family and some
used a different dialect

Not many were Jewish like me, of different backgrounds but they were friendly to
choose from, and to select

The friends I made at P S 11 have been with me in spirit for all of my life and made me
my own kind of man

I don't think there is a day goes by where Angelo or Tony Haritos don't cross my mind
bringing tears my eyes

Or a time that I hear a composition of Ludwig Von Beethoven when Walter Pawlowski
joined me hand in hand

And the laughs we shared together even the laughs on me, we shared some laughs
between me with those 3 guys

My 96th Year

By Jack Birnbaum

As I approach June when I will be 97, I try to balance my human assets and my feelings of humility that my life has allowed me to know

On the one hand I am able to retain so many experiences while on the other hand I have become humble and that's because this is so

I remember my principal saying I was gifted to skip a grade and even then, I knew, that I'd need more schooling to allow me to grow

My four years at high school I came to know the demands of scholarship and discipline whose attributes I would have to stow

From there I served in the military assigned to being a member of an anti-tank unit, mostly Japanese-Americans, following Pearl Harbor

We and our Nisei comrades and I were ordered to entrain to Japan when the atom bomb explosion, brought us back to law and order

I finished my military career in Germany in occupation vowing that

I would spend my life to improve mankind's home as a better place

My first choice was music where as a high schooler I'd played the trombone, conducted and thought Mozart and I, could fill that space

but as I was two years in service not involved with music, I knew Julliard would require an audition I studied a year and then passed the audition

I then spent the next two years as a student at the Julliard School of music played and sang with lots of great and very talented musicians

I worked very hard at being a composer and while I did have talent I was forced to admit, that my talent was lesser in the art of composition

than my expectation had led me to believe so, I with some tribulation turned to my second choice for making the world better by education

I then with my G.I. bill I did enter the Columbia school of Education So if, my talent to compose music was lesser I'd educate our great nation

I found Columbia to be a worthy contributor to my goals of education I also found romance attending Columbia and during my second year it

was decided to tie the knot and advance our relationship with marriage In my first teaching job some ruts did now appear beneath our carriage

My 96th Year by Jack Birnbaum continued

The NY City board of education was more concerned about attendance or a use of Stairwells more than use of imaginative teachers per chance

My life was now to get the students attention to focus on life's goals not to get through days adventures without the carping and the scolds

We decided, my wife and I, to buy a car to teach in the suburbs, my way open up life's highway with music and education and to learn each day

One significant change I took a part time job with a N.Y.C. street gang My first experience with a social work a future situation with a big bang

Meanwhile our suburban music program took off and was a big smash All student had a keyboard, drumsticks to greet the colors at assembly

Music appreciation hearing The New World Symphony, #1 in sales at the local disc shop, as students did homework, was something to see

The rise of students for instrumental instruction forced an early session, some parents objected, the school cut the early class as the concession

Although this was a blow to me the street gang situation led the agency to offer a continuance as a social worker with a scholarship offer to me

So began a social Work Odyssey of over 40 years which I have come to see as a continuation of commitment to make the world a better place

While I must confess to having made some personal mistakes, I think my life has compensated me as a reward for effort with a life of grace

I'd like to think my efforts to level the field of play and to spread what I see as sharing the opportunities to all, friend or foe in a spirit of equity

I hope my efforts to aid those who suffered handicaps through birth or affliction have resulted in situations which brought peace and liberty

To any that I may have offended in my life I offer my sincere apology and who may have suffered any loss because of me I extend my hand

I've drunk the milk of human kindness with you, and it's been so grand

G. Washington's comeback

By Jack Birnbaum

Things, according to David McCullough's book could not be worse, as the Constitution's army, in 1776 suffered a defeat

Routed in New York by a combined force of Hessian mercenaries and Red Coat troops the Continental army, was in total retreat

Worse yet some rebel officers felt the army had been out generated, Congress fled from Philadelphia and volunteers were few

In a dark hour Washington's army 20,000 to 3,000, his closest support Gen. Reed's army "broken and dispirited", what to do?

Washington knew, he asked, not ordered, Gen. Reed's troops to join his troops and together they would plan a surprise attack

Meanwhile Gen. Howe, the British commander and Gen. Clinton his second were at odds over which plan was the preferred tack

Howe wanted to continue the attack; Clinton saw Washington's army as the revolt he saw its end would the revolt end

So, the British command made the decision in a determination to continue the attack and then Clinton to Rhode Island send

Everything and more were of advantage to a winning army save one vexing issue marauding and pillage now getting out of hand

whatever soldiers, both Hessians and Redcoats found, was declared as booty and woe to any that stood in the way of such a band

G. Washington's Comeback by Jack Birnbaum continued

Among other woes the capture of Gen. Lee was seen by loyalists and others in Britain as a death blow and as the end of revolution

While to others and Washington it was seen as a blow among other rebel leaders it was another dark blow but in no way it's a solution

Washington had designed a "brilliant stroke" counter attack and on Christmas eve he reviewed the plan with an admonition "we must try"

To his officers he described the 3-pronged attack on Trenton from the Delaware River on the Hessian position, "A revolution to do or die"

Two prongs had no effect, the third led by Washington and his officers were given a written password that stated "Give us liberty or death"

The main force 2500 men, the weather cold rain, the ice difficult to cross, the water deep, a northeaster storm with difficulty of breath

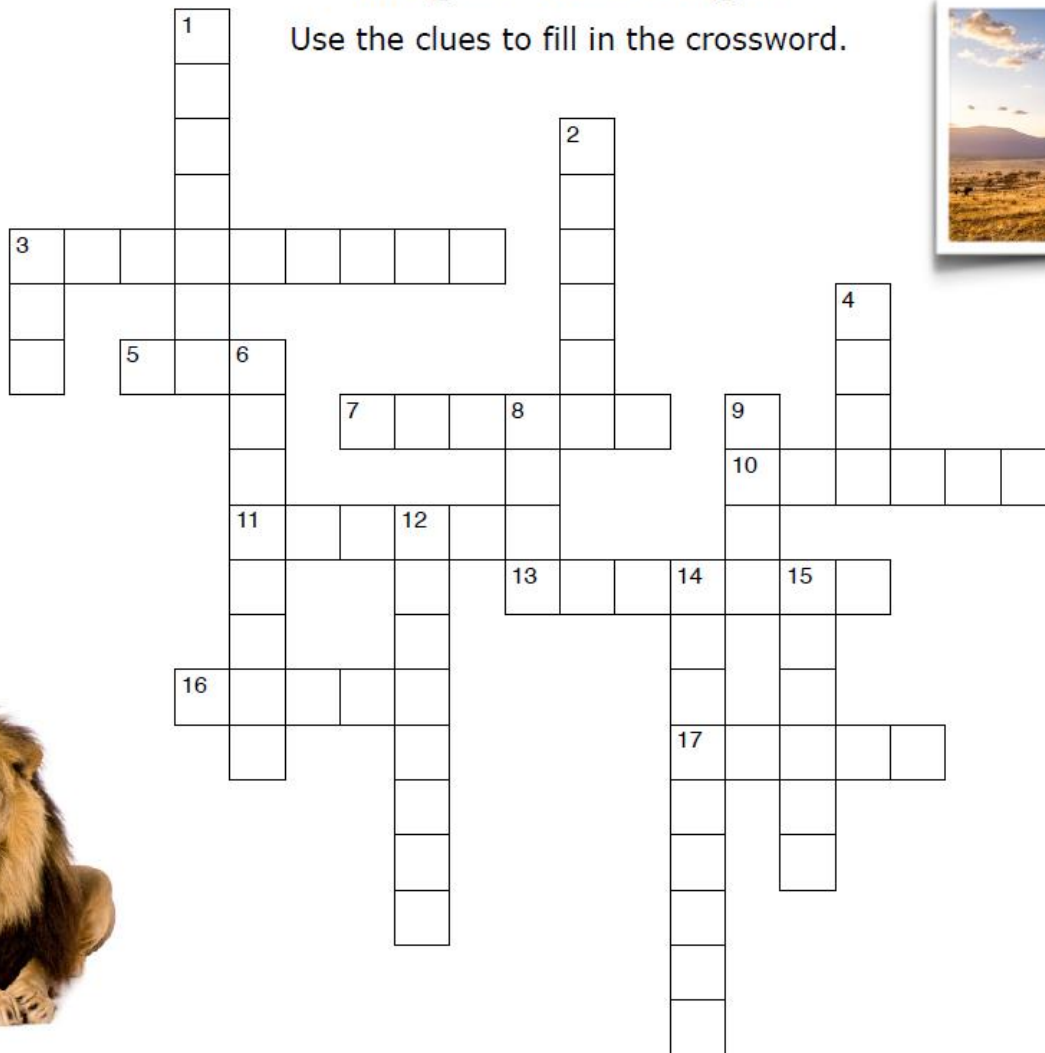
In a 45-minute hand to hand battle, Hessians 40 dead, 90 wounded, prisoners taken over 900; Americans two, who were frozen to death

The newspapers were now filled with stories and pride the post riders carried the stories of the victory at Trenton fanning a national pride

The revolution and Washington took roots as large a part of the American team while states sent militias to his army as part of their dream

King of the Jungle

Use the clues to fill in the crossword.



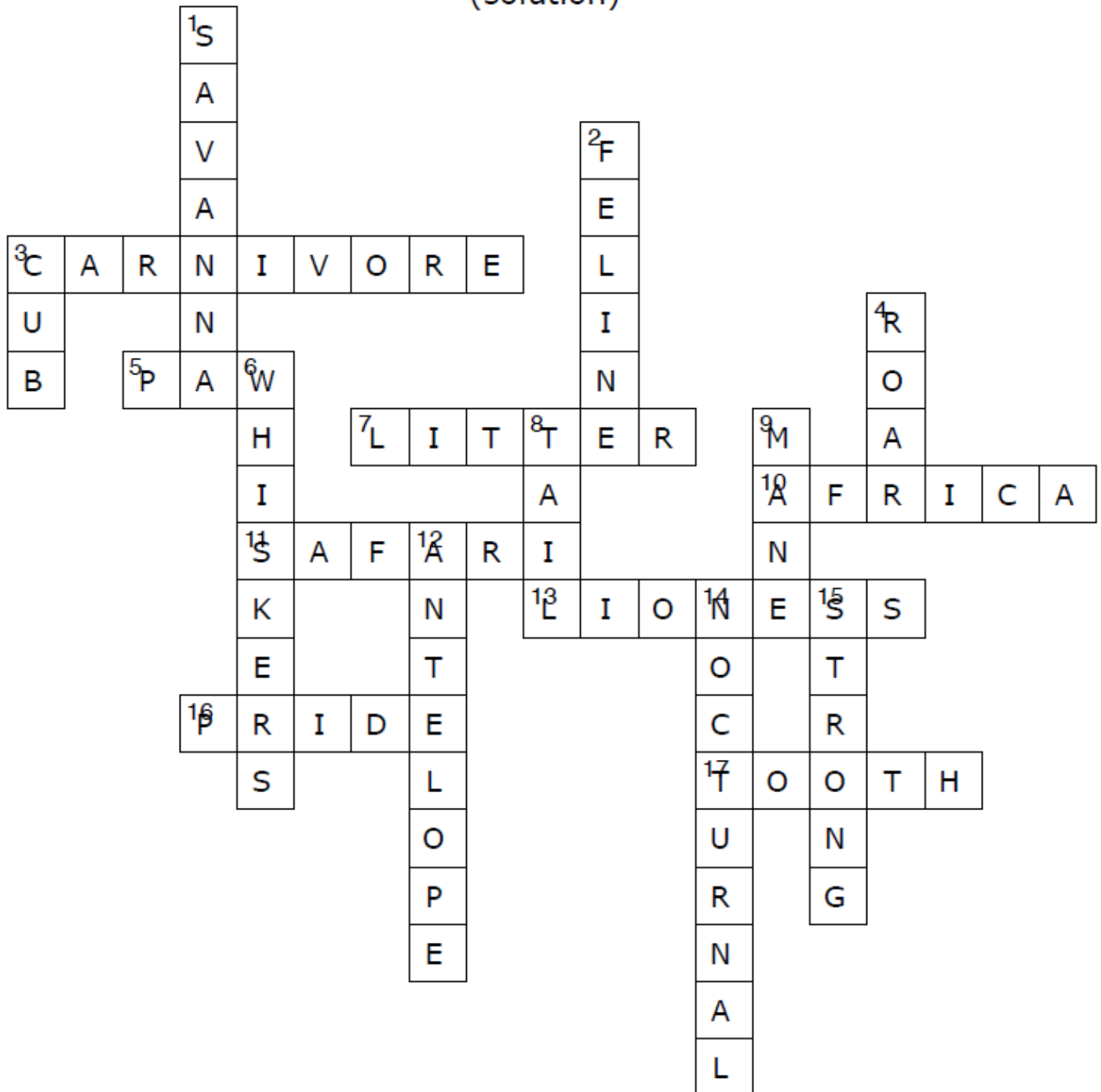
ACROSS

- 3. Meat-eater
- 5. Lion foot
- 7. Group of newborn babies
- 10. A continent where lions live
- 11. African wildlife tour
- 13. Pride female
- 16. Group of lions
- 17. Fang

DOWN

- 1. African grassland
- 2. Of the cat family
- 3. Young lion
- 4. Lion's sound
- 6. Long facial hairs
- 8. Lion appendage
- 9. Thick hair on a lion
- 12. High-jumping animal: lion's prey
- 14. Active at night
- 15. Muscular

(solution)





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