

# JUNE RUNNER

*"So sweet, so sweet the roses in their blowing,  
so sweet the daffodils, so fair to see;  
so blithe and gay the humming-bird a-going  
from flower to flower, a-hunting with the bee."*

~ Nora Perry (1831–1896)



## Dog of the Month – Dachshund

The dachshund is a friendly, spirited, and affectionate breed of dog that is very popular with families. They are easily trained, personable, and very adaptable. These adorable, small dogs also tend to be quite vocal, making them good watchdogs.



Dachshunds have short to medium coats that come in a variety of colors and patterns, including black, cream, tan, chocolate, fawn, wheat, and red. Their fur is either smooth, longhaired, or wire-haired. They are known for their long bodies and short legs and weigh between 16 and 32 pounds. Miniature dachshunds

are a maximum of 11 pounds. Dachshunds were originally bred as hunting dogs and can be very brave and stubborn. Their name means "badger dog" in German, but they also can hunt rabbits and other burrow-dwelling mammals. They are commonly called wiener dogs, sausage dogs, doxies, and doxins.

## Special Days

**Shavuot**  
June 4

**Best Friend Day**  
June 8

**Flag Day (U.S.)**  
June 14

**Father's Day**  
June 19

**Juneteenth**  
June 19

**First Day of Summer  
in the Northern  
Hemisphere**  
June 21

## Flower – Rose



The rose has been called "the queen of flowers" and is known as a symbol of love. Since primitive times, the rose has been used in perfumes, medicines, and even in foods. While the sharp objects along the stem are commonly called *thorns*, the technical term is *prickles*. The prickles protect the rose from herbivores and help it hang onto other vegetation when growing and climbing. In the language of flowers, a white rose means purity, a red rose means courage, and a pink rose means happiness.

## Birthstone – Pearl



Natural pearls are formed when a grain of sand irritates the soft inside of an oyster. The oyster covers the irritant with a shell material called *nacre*, which becomes the pearl. Natural pearls are very rare. Most pearls on the market are cultured, or grown on a pearl farm. Traditionally, pearls are white or ivory, but they can also be found in blacks, pinks, purples, and golds. Pearls are the traditional gift for a 30th wedding anniversary. A common folk belief says that a new bride will be blessed with fertility if she sleeps with a pearl under her pillow.

## June's Strawberry Moon

Every month has a full moon, and each full moon has a name. In January, there is the wolf moon, February has the snow moon, and March showcases the worm moon. October has the ominous-sounding blood moon. June's moon is the sweetest, most delicious of all: the strawberry moon. Typically, each month's moon is named to symbolize a key element of that time of year. So, April is the pink moon in honor of its abundance of heady, pink flowers. June's strawberry moon is no different. June is prime season for the delicious red berries. Think strawberry shortcakes,

strawberry jam, and berry picking. However, depending on the climate, strawberries are in season any time between April and November, and in some places with especially warm winters, the delectable fruit even ripens in winter. In 2022, the strawberry moon will take place on June 14 and is extra special, as it is also a supermoon. Supermoons are full moons that are especially close to Earth and appear larger and brighter than average.



## Red, White, and Blue

While the Fourth of July is typically associated with the American flag, June 14 is Flag Day. Flag Day honors the anniversary of when the red, white, and blue flag was officially sanctioned by the Continental Congress in 1777.

### June Zodiacs

Gemini (The Twins)  
June 1–20

Cancer (The Crab)  
June 21–30

**June** is the sixth month of the year in the Julian and Gregorian calendars. The month is named for the Roman goddess Juno, who was the daughter of Saturn, wife of Jupiter, and mother of Mars, Vulcan, Bellona, and Juventus. Ancient Romans celebrated Matronalia, a festival to display their devotion to Juno, who was known as the protector of the state. Because Juno was also the patroness of marriage, many Romans chose this month to wed, a tradition that is still embraced by modern culture.

## June Traditions

In addition to the many holidays celebrated each June, this month is full of key transitions. For farmers, June is typically the midpoint of the growing season between harvesting and planting, celebrated on June 24 as Midsummer Day. For many couples, June is the preferred month to marry. And for those who seek long, sunny days, June offers the most hours of daylight.

### What's Lucky in June?

Lucky Color: Pink

Lucky Animal: Seal

Lucky Letter: *B*

Lucky Day: Monday

Lucky Plant: Magnolia



## June Birthdays

Marilyn Monroe (actress) – June 1, 1926

Rosalind Russell (actress) – June 4, 1907

Diego Velázquez (painter) – June 6, 1599

Thurman Munson (baseball player) – June 7, 1947

Jacques Cousteau (explorer) – June 11, 1910

Anne Frank (Holocaust diarist) – June 12, 1929

Tim Allen (actor) – June 13, 1953

Amy Clampitt (poet) – June 15, 1920

Lou Gehrig (baseball player) – June 19, 1903

Gena Rowlands (actress) – June 19, 1930

Brian Wilson (singer) – June 20, 1942

Pearl S. Buck (writer) – June 26, 1892

Lena Horne (singer) – June 30, 1917

I am continuing to share new resident stories....

## **Suzanne Dugan (B 145)**

Suzanne spent many years in Bensalem raising her 3 daughters but most recently moved from Quakertown where Suzanne lived with her one daughter.

Suzanne worked many years in the banking industry – first as a teller, then money manager at Frankford Trust as well as a market researcher. Suzanne’s last job was at a vending company. One of her later jobs included working at Estee Lauder part-time where all the employees were senior citizens -What fun that was!

Suzanne is enjoying her surroundings at Paul’s Run, especially the Choral Group. Suzanne shared her fondest memories of singing in her high school choir where they traveled to Denmark, Sweden, Norway and Finland. Suzanne’s group even had the opportunity to meet then President Linden Johnson who dubbed their choral group “The Ambassadors of Song.”

For now, Suzanne enjoys dining with her fellow residents and is looking forward to potentially volunteering in the gift shop as a way to meet people.

## **Ann Ziccardi (B 105)**

Ann formally lived in a beautiful apartment complex for 14 years. While living there, she participated in some events but most recently, COVID, like so many other communities made it impossible to stay engaged. Ann is related through marriage to a fellow resident here at Paul’s Run and knew how happy and active her relative was and decided to take a look into our community. Ann was very pleased to see that dining had opened up as well as the variety of programs available to the residents. Ann stated she was lonely in her old apartment and is now so much happier that Paul’s Run has provided her more activity, safety as well as a friendly atmosphere.

Ann enjoys playing Bingo and attending the weekly entertainment features. Ann loves her new apartment, though smaller than her former dwelling place, and is looking forward to time outside on her patio.

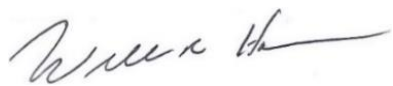
## **Rosa Gomez (A 205)**

While living in the Philippines, Rosa stayed in touch with her cousin in the United States and made the daring adventure to fly all by herself from her home in the Philippines to Virginia in 1969. After a few months in VA, Rosa continued her solo traveling adventures with a short stint in Florida, then a move to Philadelphia which turned out be her home away for home. Rosa acquired work first with the Philadelphia Police Department (Narcotic Division) followed by employment at The Community College of Philadelphia in the registrar office. It was her position at CCP which she stayed employed form 1970- 2004 including a promotion as “Assistant Registrar”.

After some health setbacks, Rosa inquired about living at Paul’s Run and made the decision to move into our community. Initially, the first few weeks Rosa chose to stay in her room. With the guidance of her floor representative, Sr. Pat, Rosa slowly got more involved each week. When asked how Rosa feels being here at Paul’s Run Rosa stated, “Perfect!”

Rosa enjoys daily programs, the friendly staff and residents and thankful that even her beloved cat “Juno” likes Paul’s Run too.

Happy June! Time to get outdoors and enjoy the warmer weather.



Bill Hines, Executive Director



## Independent Living June Community

Tuesday, June 21 – Atlantic City. RSVP Required.  
Maximum 6 residents. Bus departs at 9:30am. Please call x3065.

### Thursday

June 2 – Olive Garden Lunch Trip  
June 9 – Willow Grove Mall  
June 16 – Ben & Irv's Deli  
June 23 – Dollar Tree Trip  
June 30 – Buckingham Winery

### Friday

June 3 – Bristol Waterfront  
June 10 – Neshaminy State Park &  
Picnic Lunch  
June 17 – Holy Redeemer Thrift  
Store  
June 24 – Taste King Chinese Lunch

Please sign up in advance for trips in yellow trip binder in Library  
Meet in A & B Lobbies at 12:15pm to join.  
Bus will pick up in B lobby beginning at 12:30pm.  
**\*\*Advance ticket purchase required. Tickets are \$15\*\***

## 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



Friends of  
Paul's Run



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



In Memory Of



Cecelia & Joseph Adelman  
By Mrs. Susan Medoff

Leonard Eksterowicz  
By Mr. & Mrs. Edmund J. Bogdan

Mary Y. Johnson  
By Mr. & Mrs. Paul Gazzo, Jr.  
By Mrs. Sally J. Gazzo

Dear Residents of Paul's Run,

I'm looking forward to the month of June! Many of you have spent the past three months getting to know me (Molly, the Director of Community Life hired me in March) and many of you have willingly taken the time to test out the music and wellness programs I have been offering on Sundays. I commend you for your bravery! Let's be honest, trying something new and different, like these creative group music, art, and movement programs, they're not exactly the kind of thing that sits well within everyone's comfort zone. The amount of positive and constructive feedback has been encouraging though, and I very much appreciate hearing your opinions and suggestions. Your feedback was important for informing what would be offered this month. Below are the dates, times, locations, and descriptions for June's Music and Wellness programs.

Cheers! *Ryann Lynch, Music Therapist*

**2:30 PM Sunday June 5<sup>th</sup>, Summertime Songs & Music Trivia:**

Located in the Auditorium. Sing-along with summer themed songs! Lyric sheets will be easy to see on the auditorium projector screen. Individual sheets will be handed out upon request. Test how well you know your summer-season trivia.

**1:30 PM Sunday Jun 12<sup>th</sup>, Rhythm Fitness:** Located in the Auditorium. A thirty minute, seated, cardio workout using drum sticks and "drums." Hitting stuff can be fun, and hitting stuff constructively to the tune of up-beat music – this can be a helpful option for stress relief.

**2:30 PM Sunday June 12<sup>th</sup>, The Steady Tempo Circle:** located in the Auditorium. Music, rhythm, improvisation, individual and communal creative expression (we have new drums for your to test out!) Join us!

**2:30 PM Sunday June 19<sup>th</sup>, Songs for Dad & Father's Day Trivia:** Located in the Auditorium. Similar set-up to June 5<sup>th</sup>'s program. Happy Father's Day! All are welcomed.

**1:30 PM Sunday June 26<sup>th</sup>, Rhythm Fitness:** Located in the Auditorium

**2:30 PM Sunday June 26<sup>th</sup>, Music & Art Exploration:** Located in the Auditorium. No artistic ability is needed, just a willingness to explore how sound, shape, and color effect and reflect how you feel.



Ed Scully June 2022 Runner

When Ted Solomon took up residence here at Paul's Run he gave Stacy in Community Life several games including the board game of Monopoly. To help us remember it, she arranged a video that was recently presented in the Green Room. It's a game that the royalties from Monopoly made its inventor, Charles Darrow (not the famed lawyer) a millionaire. He is the first game inventor who earned that much money. He was a Philadelphian who lived in Germantown and at that time of being introduced to the game, a heating salesman. For your information there has always been some doubt that he is the bona fide inventor – but now, so what! It was a depression game that its board contained various properties that were replicas of properties and companies.

I wonder if our Paul's Run residents really are aware of how wonderful our staff and management are. To help you to become more so, I am now highlighting some of the occasions that are illustrious of what many of them perform – to them as something as an undertaking of a day at Paul's Run.

I met Big Tim in the corridor and casually informed him that both of my televisions were not working as they should. After spending about thirty minutes on the first floor, I returned to my abode and found both televisions working better than ever. Big Tim, who is on an ambitious diet, took time from his busy day to fix both sets. That helped make my day. How about that?

My dinner hour is scheduled for 5:45 PM, but I wanted to be in my abode for the start of a NCAA basketball game instead of dining for a time that would have me in the dining room past seven o'clock. Amanda, who assigns tables to the residents, upon being asked if I could eat at an earlier time of 4 o'clock, which allowed me to not only see the game, but also the very first of it. Thank you, Amanda.

When I returned one sunny afternoon to my abode there was a gab of prescriptions delivered by someone who is employed at Paul's Run. A few days later, Kim of Wellness told me she was the one who placed the prescriptions on my front table. I was amazed that an executive took the time to delivery anything to residents; she unabashedly told me that somebody had to do it. Wow!

Ed Scully June 2022 continued

On a Wednesday pretzel day at the Paul's Run General Store, I had a sudden yen to buy a pretzel accompanied with a package of mustard. Unfortunately, because of my inherent poverty, I had only one quarter, which a pretzel costing fifty cents. Of all people, Elise, the store manager extended me the necessary credit to purchase the pretzel. I bet you that she would have let me pay off the 25 cents that was due on an installment plan. She is all right!!

Nelson, a Paul's Run driver conducted a trip to Neshaminy Mall and the Aldi Market and allowed us over an hour for us to do our shopping. I overstayed at Boscov's, but he called me by phone to get me back, to the joy of the others.

Special attention must be given to the Paul's Run people who staff the first floor Medical Office every day: Bernadette, Zhanna, Cicelle, Rita and Marlene. They are as considerate as anyone could be, especially as all of them were to me. As a result of my aging memory, I completely overlooked an appointment that was scheduled for me. On the day after, I went to the office to let them know I just forgot the appointment that they were all well aware of. Instead of any recrimination and without any new appointment being made, they were able to immediately do for me what was scheduled.

In colleges they have associate professors. In government there are assistant department directors, in most industries there are assistant presidents and vice presidents, and etc. After having been treated by nurse practitioners mentioned above (Bernadette and Zhanna) some wonderment has been created about why they are categorized as "Nurse Practitioners" instead of their being "Assistant or Associate Doctors". In our Medical Office here at Paul's Run, the two do just about anything and everything that a doctor would handle. The word could be used in many other professions' description but as I have surmised "Nurse Practitioner" is not the best designation for them.

Ed Scully June 2022 continued

For your information, Nurse Practitioner is quickly becoming the health partner of millions of Americans. As clinicians that blend expertise in diagnosing and treating maladies, they not only assist medical doctors, but very often supplant doctors and are trained to assess patient needs and interpret the results of the same reviews of patients that are similar to what doctors handle. Also, like doctors, they may specialize in the same various areas that are practically open for all alike. Another big reason for nurses to join the ranks of nurse practitioners is because they are attracted to the field and because of the many opportunities for employment—such as being hired here at Paul’s Run. The two here are addressed by a first name and there certainly appears to be residents’ respect and confidence in them.

If any of you residents here at Paul’s Run have an occasion where any kind and level of worker has treated you with extraordinary attention, respect, courtesy, expertise and /or extended time, you are respectfully urged to let me know and it will be published in The Runner.

My \$6.99 2004 pocket Mirriam Webster dictionary defines the word chuckle as “to laugh in a quiet hardly audible manner”. The 1590’s Old English definition that was then used is “to laugh loudly” is a more preferable meaning for this new national organization “Three Chuckles Daily”. It is planned to be put together so that our founding and follow-on Paul’s Run members may start laughing more often – at least three times every day!

Going back to basics, laughter is generally recognized as a social sign of joy and mirth. Through my research, I now recognize that it is behavior that serves to overcome many states of discordance. These discordances are varied and wide-ranging; for instance, they could be social, an awkward social interaction or just psychological, or just about anything that makes one a bit unhappy. Therefore, laughter can serve to manage and dispel several of any discordances that you may experience – even all of them at once very often.

Ed Scully June 2022 continued

Laughter is an ability, that even at a very early stage, an infant may be able to express unto their observers. As all grow older, as we already have, it seems that age tends to reduce the number of times and the volume of our antiquated laughter. To enhance the frequency of one's laughing, this newly established organization will require each member to chuckle (Old English Style) somewhat heartily at least three times every day even including days when holidays are celebrated. Each time that laughter of a member erupts should be duly recorded and it is tentatively planned to award a certificate to a member when he/she laughs 1095 times (You may calculate how long it is)

In addition to the acclamation that one acquires, the resultant increase in the use of one's lungs will definitely improve one's life. The way one laughs and interacts with people, many who were once strangers, will certainly add to your number of friends. These new friendships will increase your very daily association with persons you never knew before and bring you closer to even responds to the Paul's Run postings for more pinochle and poker players here.

The name of the organization "Three Chuckles Daily" typifies its purpose. It is still in the formative stage with a charter to be written, reviewed, approved and certified in two or three months. Right now, you may start practicing to laugh along with your to-be members as a first step in is nationalizing. Amen.

My grandmother told me the other day that she never paid as much for eggs as she did during her weekly shopping trip. Because of the price, she only bought a half-dozen and now eats only one soft-boiled egg for breakfast. Back in 1935 a dozen eggs was outrageously priced at \$2.05 because of inflation that also prevailed then. If it had continued for the next 87 years to now, a dozen eggs would cost you \$13.44. Of course, your financial status would also have increased accordingly, but possibly you may have stopped eating eggs.

Ed Scully June 2022 continued

If you would like to still eat eggs and also overcome the ever-increasing cost of eggs, it is suggested that you should consider raising chickens if you have a plot of land outside of your ground-level apartment. You have a great opportunity because of the many different chicken breeds of which several are best for egg production. Starting at roughly six months of age, the hens may lay for up to ten years. They usually require 12 to 14 hours of light in order to lay around four to six eggs. To determine how many chickens to start with, you should calculate how many eggs a week that you desire and then figure the number by dividing the number by four or five.

The feeding and hydrating of the chickens must be done daily. You will need to take them out of the cage each morning and return them to it at sunset. The time to eventually collect eggs is twice each day and also do some sanitizing that will keep the coop or pen hygienic and free of foul odors. Cleaning it at least once a week is also recommended, and there is considerable literature to guide you in setting up and maintaining the necessary space.

Paul's Run will have the great distinction of being the only retirement residence in the City of Philadelphia that raises chickens and harvests eggs. As one of the initial steps in setting up the essentials for this undertaking, it is heartily suggested that you should coordinate with Mr. Bill Hines, our Executive Director, who in a certain state of mind, may go along with you.

If any of you residents have a grand idea to establish an additional activity here at Paul's Run, it is suggested that you contact any manager who could put it into action. There is never too much at all for a resident to become involved in. OK?

If you have been a resident here at Paul's Run for even just a little while, you would now know that a cup of coffee is always available for you either in the Dining Room, the Greenhouse and possibly easily prepared by you in your apartment. However, it seems to occur very often the question of whether it is any good for you. I hereby affirm that it is and I testify that I have always been drinking JO, as it is called in the U.S. Navy for just about ever.



Ed Scully June 2022 continued

One of my saddest moments is when I came off the midnight to four watch. I was responsible for waking the scheduled duty officer aboard this cargo ship at sea. To get to his quarters, it was necessary to travel through Officers' Country and lo and behold, I came across a steward's mate who had just finished making a morning pot of coffee. It smelled as great as any pot of coffee could and what did I do? I asked him for a cup and he very unkindly replied: "No, this coffee is only for officers". Can you imagine what my response was at four o'clock in the morning in the middle of the Atlantic? The only good outcome of this horrible denial, is a deepening like for coffee at any time. For you Paul's Run residents, it is presented that there are both positive and negative effects of drinking coffee, but many health benefits are:

Coffee can help prevent cancer such as endometrial, oral, skin, lung and other cancers. Although the research is not yet definitive, it does show that coffee is beneficial as long as one can metabolize caffeine (I can).

Coffee reduces the risk of stroke in older adults. A study shows that people like most of you residents who drink more than one cup of caffeinated coffee every day reduce having a stroke by 20 to 25 percent. (I wonder what having more than three cups daily does for you).

Coffee reduces the risk of Type 2 Diabetes. A study by the American Diabetes Association showed that people who drink coffee regularly have lower sugar and insulin levels. (How about that? It's probably good.)

Coffee can delay the onset of Alzheimer's because caffeine blocks most of inflammation of the adenosine receptors in the brain (I don't know what it is).

Coffee can have a positive impact on depression because the caffeine is a psychostimulant which causes wakefulness and increases motivation; it also helps the brain chemical dopamine to become even more effective, thus improving motivation and decision-making. (It's amazing how coffee seems to affect the brain since coffee always goes to the stomach when it is drunk).

Ed Scully June 2022 continued

The preceding seems to highlight many more beneficial effects that we may have ever thought of – even when many years ago we could get a cup for only 5 cents. Even today, whether you are just a one-cup coffee drinker or maybe four or five most days, coffee is definitely a perk to your health. In addition to the benefits heralded herein, very often the great conversations from sitting around a table anywhere are certainly a benefit. (I think it is).

We all recognize that you must have water to make coffee. Very fortunately all of you residents received a flyer from Genesis Rehab recently in your mailbox. A key phrase from it is: Simply paying attention to the amount of water you drink is one of the easiest ways to alleviate some age-related problems”. Water is vital for many reasons (including coffee) such as:

Forming saliva, lubricating joints, regulating the body temperature, flushing out waste (using the toilet) and helping to delivery oxygen.

According to Genesis, water constitutes up to 60% of your body but changes as you become older, as we are probably doing. That decrease in water body content means we are all becoming easier to become dehydrated. In older folks, it's very common for dehydration to become cause for hospitalization, and has been cited for resulting in falls and constipation (not simultaneous).

With summer coming in only three weeks, be sure to try to increase the amount of water you drink. It is a very good habit to have a glass of water upon wakening and try to drink water before becoming thirsty. There are also many other ways to maintain your body water content, one of which is the fruit cup served as a dessert every evening at dinner.

Ernie, a resident here, helps the liquid bit along by bringing a can or two of beer at dinner, a habit that is praised very often. Happily, his wife Pat has magnanimously helped me to join him. (Isn't that nice?)

June 2022 Climate Change - Things to know  
by Jack Birnbaum

6 things to know about Climate Change:

1. More scientists are investigating the coming climate change
2. Big data will be able to predict extreme weather
3. The Worlds food supply is under threat
4. We must prepare for waves of human Migration
5. Already rising temperatures are making people sick
6. We're curbing emissions but need to act faster

This is according to research at Columbia University  
Is anyone paying attention- Before it's too late?

Limerick #19

By Jack Birnbaum

This was a man who was both noble and bright  
Gifted by wisdom and aware of his plight

Played piano, painted in oils and words, gentle in spirit, wised by life  
He mentored me to living as a part of this fife

Limerick #20

By Jack Birnbaum

Stern of visage, adamant and unbending in his belief  
A resident saw I'd wandered far from our tribe  
With patient incentive, he awakened those passions yet inside,  
Latent history now faith, in a sheltered reef, now a tide

June 2022 A bad dream

By Jack BIRNBAUM

I woke up this morning with a nightmare - I dreamt a former president was urging me to follow his lead and to give Democracy the gate

I shook my head in disbelief that after all these years, I was now 96 and this man this night tried to get me to embrace hate

This, not only an insult to me, two hundred years of democracy, our Constitution, and a past President but to 3 persons I loved

These three were special to me, they stood up for the outcasts in the land of the free and to go easy, on those this president shoved

Let me start with Abe Lincoln who saw hate in control of the south, using black people who were also slaves, abused and forced to live in a house that was divided

He declared that such a system was not acceptable in a nation that pledged election of its leaders from the people, by the people and for the people less would be abided

He stated this was a nation based on the idea that all men are created equal, that this nation based on such a foundation would not disappear from the planet earth

Further that such a nation, with such an orientation would be one that is able to restore itself and the voice of freedom a voice that will be much less sans a re-birth.

Franklin D. Roosevelt as the President in 1941 Lived through Pearl Harbor and said we have nothing to fear except fear itself, but he himself was not in good health

Congress at his request declared war next day even as Japanese males volunteered to serve in Europe through enlistment

While F.D.R. an excellent war President for some two years his health gave out he died his wife at his side with encouragement. Eleanor was not only on his side she was a driving force in several programs important dealing with our depression and community.

She was a prime mover for a federal CCC program to resurrect natural resources an important source of black employment jobs. She stood shoulder to shoulder with her husband fighting the deadliest depression this nation ever endured always aware of its effects on the black population.

A bad dream by Jack Birnbaum continued

There was no needier group than black Americans who were trapped in black ghettos and whose depression was in place long before the rest of this nation.

At the beginning of the Civil war, since labor was scarce, they came in as farm workers in the south, as slaves with a different language. They were seen as inferior captives from a different culture, treated brutally, had never worked with discipline, seen by British Peers as an edge knaves.

For almost 100 years Black slaves were treated without compassion, without opportunities for changed treatment with only the few free black people that sensed their potential as naves.

He saw a part of the south like an English peer house divided that could not stand. The south then saw the problem could be solved by secession that began the civil war.



June 2022 My New York Dream- Part 2

By Jack Birnbaum

On the trip home I was anxious to see my *family* filled with my hopes and plans that would help my world to be a better space  
I imagined myself on the podium in my tuxedo in Carnegie Hall in front of the N.Y. Philharmonic, with the audience in place

A listening public of thousands of people in front of radio and T.V. would hear my first symphony, a genius {ala Trump?} at his task  
But unlike another genius I had to go back to school, at Brooklyn Academy of music, why was a question, some readers may ask

My road to success was affected by my service time, a successful audition at the Julliard school, I had need to attain, in this quest  
This was accomplished and for two years I achieved many a success but I realized my composition talent did not pass this test

Yet with dream, I enrolled at Columbia's teacher's college in hope a new career would and could make for life's betterment  
In two years, I learned pedagogy was word for teaching & education but to me it seemed to teach discipline, was its intent

In two years of teaching in two junior high schools in New York city my innovations to learning were not as important as was keeping order

In N.Y.C.'s Board of Education learning to play an instrument was not as important as the taking of attendance or to walking up a down hall  
As this was going on I met a young girl, our relationship grew and we decided to wed, a I now needed more money to support this call

As life as a N.Y.C. teacher was unsatisfactory we decided I should buy a car, change our lives, with me now teaching on Long Island

It enabled me to keep the part time job at a community center in New York that I enjoyed, and commute to L.I. to lead the band

## My New York Dream – Part 2 continued

Things seemed level when fate and the school administration stepped in on three events that seemed to upset this condition

The three looked all good as my wife was pregnant, second, I was told my work with street gangs and at school were excellent

Repercussions were mixed, my family was pleased, the school added an extra morning period that raised some discontent

With parental complaints to of driving kids, administration asked me to cancel the extra period, and I felt that I could not consent

The school response went to schedule an audit of the music staff since I alone in the dept. not tenured, I was told to fold my tent

I met next with the board of the Columbia school of social work who then offered me a scholarship to attend the school

I accepted the funds with a commitment to work for two years at the Baltimore J.C.C. such being part of the contracts rule

I feel both humbled, & privileged, to have lived out my 30 yr. career and to made good on my commitment and my dream

I can't say that my dream is perfect or that my achievements have erased the events that plague us in life's scheme

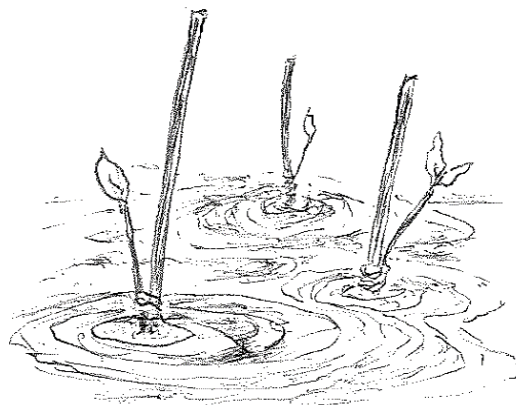
What I can say without cringing it is my hope that my message can offer the hope that my dream efforts will take hold

that such efforts would multiply and inspire others to reach out to those of us that are poor, afflicted, confined or old

so that life can be so much better when all can call out to others that life is an effect, much more than pleasure or gold

## Nature-Based Climate Solutions - Poor Relation!

By Sr. Franceline Malone



Mangroves planted in  
water in  
Indonesia

In an online article, "Natural Ways to Heal the Earth," (April 18, 2022) *Yale Environment 360's* contributing writer Fred Pearce was chagrined by "the lack of international support for nature-based climate solutions, which have proven effective in making communities more resilient to climate change. To guard against worsening storm waves, for instance, coastal communities are planting mangroves, restoring wetlands and reviving coral reefs - with greater impact and lower cost than erecting sea walls. But one study found in least-developed nations less than 10 percent of funding for climate adaptation went to projects that harnessed nature. The remaining 90 percent "poured concrete." When the sea in recent years took a kilometer off the northern shore of Java, it engulfed communities, mangroves and rice paddies. Imagine waking up to a village wiped out, homes swept away, farms, crops inundated, relatives - maybe elderly parents or innocent children, and neighbors violently torn away by the sea! Surviving villagers banded together and wailed I am sure, but they did not walk away. Instead together, with guidance, they "erected brushwood barriers in the mud to enable the natural regeneration of mangroves."

Nature Based Climate Solutions by Sr. Franceline Malone continued

A photo accompanying the article shows an Indonesia volunteer, his foot deep in a low lying shore, tying a freshly grown mangrove to a stake amid a host of other newly planted mangroves. Mangroves thrive in conditions that would kill most plants - their roots, submerged in water, grow in muddy, hot, salty conditions. Their filtration system keeps out much of the salt and their complex roots hold the plant upright in shifting sediments as water moves over the land.

"The world has lost half its mangroves along shorelines, but those that remain are protecting some 18 million people and several tens of billion dollars' worth of property from flooding every year, says Michael Beck, a marine scientist at the University of California Santa Cruz.... Mangroves appear to keep pace with rising sea levels, self-seeding inland to maintain their barriers against storms and tidal surges and nurturing marine fisheries."

A second photo taken in Java shows a group of villagers maintaining a log sea wall protecting their shore. Some carry brushwood, others twigs and vines to strengthen the areas between the upright logs. Taking responsibility for rebuilding their way of life, villagers used what was available and working together, they once again had a sea wall to protect crops and families.

But what had to happen first? The villagers knew they needed help to develop a plan and financing it. "Java's nature-based response was supported by the Indonesian government and the Dutch group Wetlands International. Within a decade it could be helping at least 10 million people in similar situations to protect and restore their denuded coastlines -all at a fraction of the cost of sea walls, says Jane Madgwick, CEO of Wetlands International."

Nature Based Climate Solutions by Sr. Franceline Malone continued

Siddharth Narayan, of East Carolina University, writes there are a number of reviews citing the effectiveness of habitats as natural defense. Hundreds of "projects to restore ecosystems on coastlines and mountains, in river valleys, forests, and grassy plains have proved their worth in using restored nature to boost the resilience of millions of people to the ravages of onrushing climate change."

"Most nature-climate activities 'are currently not funded,' says Ebony Holland, climate researcher at the London-based International Institute for Environment and Development."

Rich nations, concerned about climate change, pour tens of billions of dollars into helping poorer nations respond to climate change. But Holland says that, as currently being allocated, little finds its way to restoring **nature's defenses** against climate change.

"Nature-based climate adaptation remains the poor relation of climate finance.... Private investors, philanthropists, aid agencies, and development banks are usually happier to pay for 'climate mitigation' projects that curb emissions of planet-warming gasses than for helping communities adapt to climate change."

"Governments in Glasgow promised to close the funding gap between adaptation and mitigation by doubling adaptation funding." Recently in Lahti, Finland, climate finance chiefs from funding governments met to discuss how to achieve this. Sad to say, official reports record little discussion of the need for more nature-based projects. Instead, the main topic was to "seek ways to give the private sector a bigger role in adaptation finance."

Source: online article: "Natural Ways to Heal the Earth"  
Yale Environment 360 Published at the Yale School of the Environment



## **My Sheep Hear My Voice and Follow Me (Nothing About Goats)**

**By Sr. Franceline Malone**

I was several times assigned to St. Michael School in Arizona. Being neighbors of the Navajo Reservation, we were familiar with meeting people on horseback (often women with their long skirts) followed by a dog or two on the hills and unpaved back road to the Franciscan Friary and Mission Church. Most of us Sisters who were youngish enjoyed walking in our free time, exploring the hills molded by wind and streams, greeting families as we passed their homes - usually at a distance from each other, occasionally chatting with children along the way, and just enjoying the fresh air and sunshine.

One afternoon two Sisters met a couple of youngsters sitting at the bottom of a hill watching over the family's lambs grazing in the opposite field. Little goats were cavorting up and down the hillside. As they chatted together, the boys praised the sheep being easy to mind. They stayed together and were easily gathered to be led home. "But those goats!" they bemoaned! "They are hard to keep close, they hide and won't come when called. We have to track them down!" Of course, children wouldn't dare head home with only the sheep and no goats! So track them down they did.

Not long after that, I was walking up the dirt road to the Mission and to my right, I passed a small wooded area. A large tree had fallen. Supported by broken branches, the massive trunk inclined upward. About five little white goats were climbing up and down and all over the tree. Never in danger of falling, they looked like they were having a great time exploring their new playground.

My Sheep Hear My Voice and Follow Me by Sr. Franceline Malone continued

A number of years later, I was again in Arizona, living at the Desert House of Prayer, a short distance across the road from St. Michael School. A stream flows under the main road onto the property, and down the hill joins a still larger stream coming from the north. Many families water their sheep at the stream. Further down the hill, the larger stream supports a dense cluster of shade trees.

Suddenly, the quiet exploded! Violent pounding shook the hill and me from prayer. I jumped up and looked behind at the top of the hill. The whole herd of sheep, with the dogs running among them trying to gain control, were tearing across the hill! Oh! No! Not a child in sight! As it quieted down, I went back to prayer.

Shortly after, a Navajo man driving a pickup truck turned down our hill from the main road, and stopped when he saw me. "Have you seen some children with a herd of sheep?" he called up. "Yes, I did," I replied. "They went down to the shady area, but just before you got here, the sheep with the dogs dashed across the top of the hill. No children." Needless to say, the man (daddy?) zoomed away.

Presumably he found the children, gathered them up and shortly after, hopefully found the sheep - still, I hope - further north on the hilltop. End of story for me, but probably not for the kidlets.

## **My Sheep Hear My Voice and Follow Me by Sr. Franceline Malone continued**

### **I Know Them and They Follow Me**

Sr. Genevieve Allen was by herself in a little white mobile unit on the school grounds. Suddenly the sound of multiple sheep crying overwhelmed the quiet. She looked out to see what was happening. Sheep wandered aimlessly everywhere - across the creek, on the hill, in the field, among the trees, splashing in the water, in the parking lot, all crying.

Familiar with sheep grazing, Sister was concerned. Why were the animals so scattered, confused, crying? Where was their shepherdess?

Suddenly on the side of the school grounds, there she was on her horse at the top of the hill! She looked around, saw the sheep and called out a loud word! Crying stopped! The sheep immediately left the field on the other side of the arroyo, splashed across the creek, and quickly gathered into a compact group around her. Together with their shepherdess, they moved up and over the hill, quietly!

Peace was restored in the little white mobile unit. Sr. Genevieve relaxed. The sheep knew the voice of the one they loved, the one that was there for them!

Summer Time

By Arnie Escourt

I was watching TV  
And a few shows, I did watch and see  
Someone mentioned Memorial Day  
It is a Federal Holiday, when we our homage pay.

Then I realized, it was almost June  
And Summer had come calling, so very soon  
The temperature had already come up pretty high  
It was warm and no clouds in the sky

So, it really is almost summer time  
And my heart and blood pressure are feeling fine  
The sad weeks of being couped up, seem to be over  
Feels like old times, when we were happy and in clover.

I feel like I can get out of my daze, get up and out  
I can feel like my old self, get dressed and shout  
The paths and parks are now open to us  
But masks and distancing are still a bit of a fuss

So many have gotten all of their vaccine shots  
The annual flowers are out, as well as the forget me nots  
Thank you, dear doctors and nurses for removing our fears  
And easing our concerns over Covid's deaths and tears!

The trees have gotten leaves so very green  
And our futures feel so very safe and keen  
Let us sing, smile, play and pray  
That our tomorrows will each become another wonderful day.

## A Hug and a Kiss

By Arnie Escourt



Take my hand, it is still ready and strong  
Hand in hand, we can walk along  
We will avoid the thorns of mundane affairs  
And smell the flowers that are here.  
Hold my arm and go with me  
Away, far away from annoyance, injustice and penury.  
We can go to a mystic place not far away  
Where love and happiness rules all and work is play.  
Take wings with me my sweet. little dove  
Together we will fly to the Isle of Love.  
There exotic flowers and fruits copiously grow  
No clocks to annoy us and tell us we have to go.  
There together we can live a life that is warm and true  
Because I care so much and need you.  
Everyone should be half of a loving pair  
Unknown to jealousy, worry, money or fear.  
Our hands are entwined by the light of the moon  
And our bodies quiver to loves' erotic tune.  
Day and night the song birds chirp and peep  
And lovers are too excited to go to sleep.  
To kiss and hug and touch are ecstasy  
Slowly slipping into that special actuality!  
It doesn't seem so far from here to there  
It doesn't matter, if you really care.  
Yes, if you take this special trip with me  
A hug and a kiss are the only fee.  
Hold my hand, it is still strong and fair  
Soon we can plan to journey there!

## Mothers and Grandmothers

By Arnie Escourt

You need more than books to raise little boys or girls  
Where is it that tells you how to get gum out of curls?

Or how to make a sick baby stop kicking and crying  
Knowing when a teenager is telling the truth or lying?

You learn what to do if they stuff a bean up their nose  
Or when they get so wet playing with a water hose.

Their baby labor and delivery always remain in their mind  
Along with those special old outfits they now can't find.

They know when to whisper, or shout  
Or close their eyes, and still know what the kids are all about.

They worry about each child during the stages of their lives  
Even after they marry and become husbands or wives.

When your kids have a problems or illness you fret  
You keep trying to provide them a safety net.

You worry about the future and remember yesterday.  
Too often there is really nothing you can do or say!

Fathers work hard and try to do their share  
Mothers always like them to be close and to care.

It is not always easy or much fun  
But a mother's work is never really done!





I saw a rainbow in the sky  
By Arnie Escourt

Today was a strange sort of day  
It was drizzling and yet the sun was still out  
As I backed out of my driveway  
I saw a huge rainbow in the sky without a doubt.

Water vapor and light on a clear blue day  
Waves or rays moving with the speed of light  
How much we have learned the scientific way.  
A natural reward, a glorious sight.

And I could almost hear God reminding me  
If you keep your promises, I will keep mine  
Then about a mile away, what did I see?  
Again, there was my rainbow huge and fine.

I remembered all the colors from top to below  
It was red, orange, yellow, green, blue, indigo and violet.  
What a wonderful feeling, what a wonderful show!  
Now I just had to wait to see the sun set.

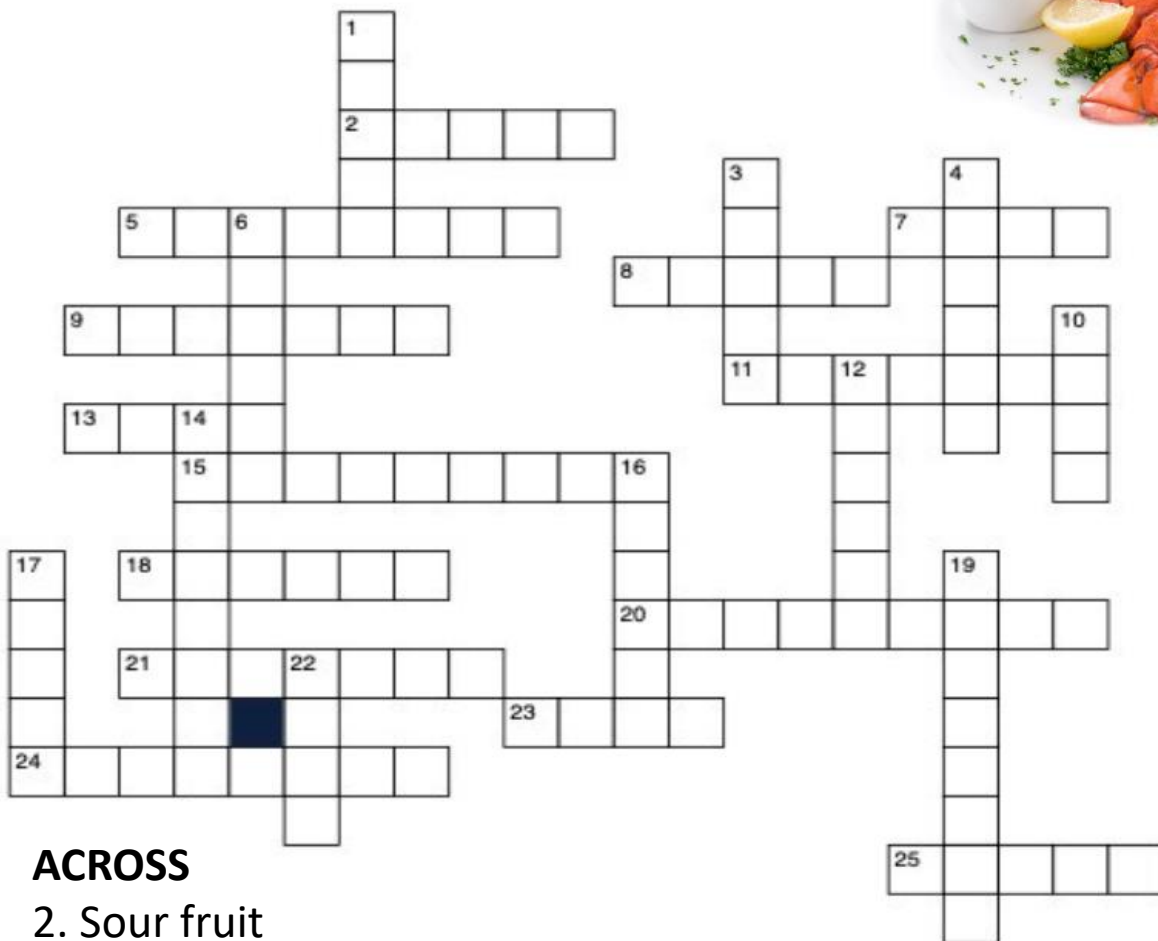
We need to pause, to look and inculcate  
All of nature's wonders grand or forlorn  
We are in such a rush, we don't appreciate  
If we blink and miss it, our grand vision is gone.

# JUNE CROSSWORD

June 2022

## Surf & Turf

Use the clues to fill in the crossword.



### ACROSS

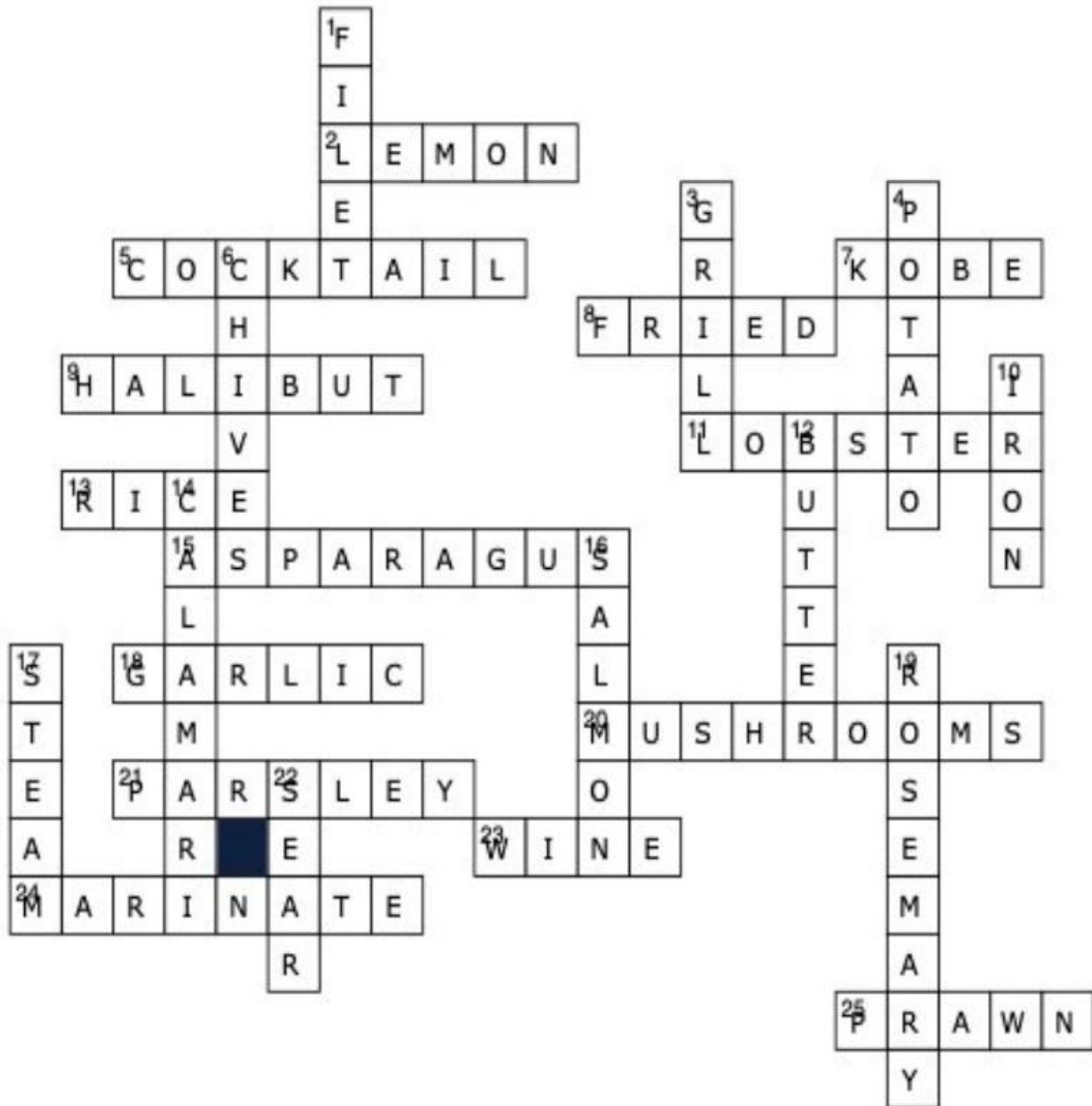
- 2. Sour fruit
- 5. Mixed drink
- 7. Expensive Japanese beef
- 8. Cooked in oil
- 9. Fish and chips fish
- 11. Sometimes only the tail is served
- 13. Jasmine or basmati
- 15. Green veggies cut in spears
- 18. Scampi seasoning
- 20. Edible fungi
- 21. Garnishing sprig
- 23. Chablis, for one
- 24. Season by soaking in brine
- 25. Big shrimp

### DOWN

- 1. Meat cut
- 3. Cook on grating
- 4. Mashed or baked side
- 6. Culinary herb related to onion
- 10. Cast \_\_\_\_ skillet
- 12. Creamery product
- 14. Squid dish
- 16. Pinkish fish
- 17. Cook with water vapors
- 19. Thyme partner
- 22. Burn slightly

## Surf & Turf

(solution)





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RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



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

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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.**