

DECEMBER RUNNER

*“May and October, the best smelling months?
I’ll make a case for December: evergreen, frost,
wood smoke, cinnamon.”*

~ Lisa Kleypas



Dog of the Month – Poodle

Poodles are clever, affectionate pets well-known for their curly coats, elegant look, and friendly demeanors. Poodles come in three sizes: standard (15+ inches at the shoulder), miniature (15–10 inches), and toy (under 10 inches). They come in white, black, or apricot and are unique in that they have a low-allergen coat, meaning they are usually better tolerated by people with dog allergies. Their lovely coats require daily brushing to prevent matting. These beautiful dogs are often bred with other types of pups, which is how we get prized pets like labradoodles and golden-doodles.



Poodles make excellent companions, are good with children, are quite smart, and have agile, muscular bodies. They are easily trained and enjoy activities like swimming and running. As they were bred as hunting dogs, they have keen retrieval instincts and like playing fetch. They have also been used as lively performers in the circus.

Special Days

**Hanukkah
Begins at Sundown**
December 18

Winter Solstice
December 21

Christmas
December 25

Kwanzaa
December 26

**Boxing Day
(UK and Canada)**
December 26

New Year’s Eve
December 31

Flower – Holly



December’s flower is the joyful holly plant. Its bright red berries and deep green leaves have come to symbolize the holiday season. Holly also symbolizes truth and protection and is commonly used to make wreaths and other decorations. It grows well in temperate and subtropical climates. Holly berries can be red, brown, black, green, or yellow; they are slightly toxic to humans but can be safely eaten by birds. Some types of holly leaves are used to make tea.

Birthstone – Turquoise



Turquoise is prized for its beautiful pale blue color and black veins. First brought to Europe from Turkey (for which the mineral is named), turquoise is mined around the world, from Iran and Egypt to the southwestern United States. Since its discovery, many cultures have considered turquoise to be a holy stone or talisman. The Aztecs believed it would change color with the wearer’s health, while the Apache thought it would increase an archer’s precision. Turquoise is even a part of the architecture of the Taj Mahal and other famous structures.

Birthday Colors

December 1–6: Blue

Blue people wow with their creativity, empathy, and unique perspectives on life. They enjoy cooking, traveling, and physical activities like swimming and going on long walks. They're also known for their sensitivity and kindness.

December 7–15: Green

Green people love being in nature, learning new things, and figuring out puzzles. They have an authenticity that always shines through. While they tend to enjoy alone time, they also love socializing with close friends.

December 16–25: Red

Red people are warm, welcoming, compassionate, intellectual, and athletic. They enjoy relaxing by a fire, watching movies, and catching up with friends. They also tend to be sentimental and go all out for special occasions.

December 25–31: Silver

Silver people sparkle brightly, attract many friends, and are always the center of attention. Always ready with a smile, hug, or joke, they make caring friends and tend to have silly stories to share, clever minds, and a flare for hosting parties.



Have a Cookie!

December is a month full of treats and sweets, but don't forget to indulge in a cookie or two on Sunday, December 4. Why? It's National Cookie Day. Popular choices include sugar, gingersnap, peanut butter, and, of course, chocolate chip!

December Zodiacs

Sagittarius (The Archer)
December 1–21

Capricorn (The Sea Goat)
December 22–31

December is the twelfth month of the year in the Gregorian calendar, even though its name suggests otherwise. *Decem* is Latin for "ten," harkening back to when December was the tenth month. However, when January and February were added to the calendar, making 12 months in total, December became the last—and twelfth—month of the year. December has the shortest daylight hours of the year in the northern hemisphere and the longest daylight hours in the southern hemisphere.

Weather or Not

Many believe that the weather on December 25 can tell us about the coming year. What do you think of these bits of weather lore?

- A windy Christmas is a sign of a good year to come.
- A bright Christmas foretells that a hen will lay well.
- If Christmas Day be bright and clear, there'll be two winters in the year.

What's Lucky in December?

Lucky Color: Teal

Lucky Animal: Snow Leopard

Lucky Letters: S and L

Lucky Day: Thursday

Lucky Plant: Poinsettia



December Birthdays

Bette Midler (entertainer) – December 1, 1945
 Aaron Rodgers (quarterback) – December 2, 1983
 Marisa Tomei (actress) – December 4, 1964
 Elbert Cox (mathematician) – December 5, 1895
 Beau Bridges (actor) – December 9, 1941
 George Mason (statesman) – December 11, 1725
 Dionne Warwick (singer) – December 12, 1940
 Margaret Mead (scientist) – December 16, 1901
 William Parry (explorer) – December 19, 1790
 Betty Ann Davies (actress) – December 24, 1910
 Clara Barton (nurse) – December 25, 1821
 Maggie Smith (actress) – December 28, 1934
 LeBron James (athlete) – December 30, 1984



Happy December!

Another year is coming to a close. I would like to wish you and your families a Happy, Healthy Holiday Season and a Happy, Healthy New Year!

I am proud to share news regarding our Paul's Run Dining Room Renovation.

The **Paul's Run - Bistro Renovation** project received an award for Excellence In Construction by Eastern PA Chapter of Associated Builders and Contractors (ABC). This award recognizes projects that bring distinction, skill, quality and integrity to the Eastern Pennsylvania construction industry.

Award for Excellence!







Sincerely,

A handwritten signature in black ink, appearing to read "William H. ...".

Executive Director

In this December, 2022 issue >>>

- *Looking back at November's Drum Circle with Joe Tayoun! (Pictured right)*
- *Music fills the holidays this December! See a list of events below:*



Music Therapy **Notes**

A Monthly Look at Music & Wellness in the Paul's Run Community

A look back at November's Drum Circle with Joe Tayoun!

Joseph Tayoun, an accomplished Middle Eastern percussionist brought twenty drums with him on Sunday November 13th and led a well-attended drum circle. Abby Kleiman, the community's entertainment ambassador, interviewed Joe right before the event and introduced him to the twenty-five community members in attendance! All twenty of Joe's "Dumbecks" or "Goblet Drums" were used and fortunately, we made up the difference with five of our own drums so everyone could participate. Joe is scheduled to be back with us on Sunday January 15th at 2:00 PM.



December Events filled with Music

- ❖ **Delaware Valley Chorale Society**
Wednesday Dec. 7th at 2:00 PM, Auditorium
- ❖ **Paul's Run Bell Choir Holiday Performance**
Monday Dec. 12th at 2:30 PM, Auditorium
- ❖ **Christmas with the Tabernacle Choir**
Wednesday Dec. 14th at 2:30 PM, Auditorium
- ❖ **Holiday Sing-Along with Molly**
Thursday Dec. 15th at 2:30 PM, Main Lobby
- ❖ **Winter Holiday Songs, Music Bingo Challenge**
Sunday Dec. 18th at 2:30 PM, Auditorium

**Music Therapy Questions?
Contact Ryann 215-934-3003**

New York City
By Jack Birnbaum

I was born in Brooklyn New York in 1926 but New York was discovered by Henry Hudson, an English explorer, some 300 years before as he searched for a direct route to the orient

Hudson was hired to search the oceans and find a shorter route to the orient, by the Dutch trading corporation, prior to 1630 as a means to increase profits was their intent

The bay he found was home to Indians, in tents, hunting game, so about 1630 he returned with some settlers and slaves to set up a post in the catching of game and as a base for trade

It was named new Netherlands, populated by Huguenot employees of the company, black slaves and Indians and a known home to miscreants whose drink and conduct caused a tirade

The Dutch East India company had in its employ one Peter Stuyvesant, experienced in supervision of sites with problems similar to this, when assigned found systems to bring a solution

New Amsterdam [Netherlands] was no exception, his iron rule included a wall for wall street, hostility to most religions, especially Jews, he brought law and order in, with his administration

His rule reversed an outflow of population in the city and encouraged a commercial growth that began its rise as a goliath amongst cities and memorials to his name as well as his fame

He appointed nine men to represent the community began to rebuild the community and its morality and promised that he would rule the community like they were his children

New York City by Jack Birnbaum continued

New Netherland external problems, a small post with very little support from its Dutch owners dominated by an English colony in Connecticut, except every now and then. In 1644 England took over the city, the Dutch refused to fight, in 1650 the borders of the city were set by treaty, Jews enjoyed the same liberties attracting other religions as a home

A converted Quaker preacher attracted Stuyvesant's ire and a punishment, a fine and prison considered by some historians as a precursor for freedom of religion, still yet to come

In 1665 England's king Charles 11 ceded the colony and Stuyvesant capitulated, changing its name to New York, allowing Civil Rights and then freedom of religion, for all

Stuyvesant reported to Netherland what had occurred, and returned to run a large farm, to raise crops, and to raising his family awaiting history to come, and then, to call

New York City cradled two momentous revolutions -a Political -Military one 1775-1783 and a commercial one that followed and they made New York City into a great town

Two New Yorkers-Alexander Hamilton and Dewitt Clinton were the players that were instrumental in giving this city the impetus and spunk to wearing such a crown

Born on the island of Nevis in the British West Indies Hamilton came to New York after being a merchant clerk in St. Croix while carrying a great hunger to learn after studying at Kings college {now Columbia University} he joined a revolutionary volunteer militia company in 1775 in order to satisfy a patriotic yearn Hamilton became George Washington's aide de camp and one of his most trusted advisors his place in the inner circle was based on his advice

After starting a law firm in lower Manhattan after the war, at times collaborated but more often butt heads with Aaron BURR in ways not nice

In 1800 they successfully co-defended Levi Weeks, a carpenter, accused of killing his paramour in New York City a lurid case of much notoriety

New York City by Jack Birnbaum continued

Hamilton threw himself into the city's public affairs as unifying ex-Tories and veterans of the revolution, and also co-founding an anti-slavery society

Founded the Bank of New York, the New Republic's 2nd Bank, both designed to facilitate trade and prosperity, a precursor of the stock exchange

Hamilton told the President banks were a spring to agriculture, manufacturers and commerce and could be fulcrum of balance with a limit of range

Brought up in an urban seaport Hamilton was aware of mercantile enterprise, credit, maritime commerce all influences upon the economy

His knowledge of the role of a strong central government shown in the Federalist papers and as the secretary of the Treasury were easy to see his creations including the U.S. mint, The Bank of America, the deficit control are tools that have and continue to be instruments of our economy

New York was now on the track to become a metropolis and some saw the future that would connect the Hudson River to Lake Erie and then to the Wild West

Such a project was proposed to Thomas Jefferson, the third president but he saw the formidable task sans technical skills and said no way can we fund this test

But some 20 years later the Mayor on New York Dewitt Clinton running for Governor saw it essential for his state collected 140,000 signatures for its construction

The bill for federal funds was vetoed but the New York State legislature agreed to fund the project and to pay for the training of the staff until its completion

The canal construction took eight years and was known as "Clinton's folly" while Clinton himself was voted out of office and it then became a political ditty

New York City by Jack Birnbaum continued

However, once the canal was in operation both New York City and State have been anointed as being the Empire State as the whole world's Gotham City

The making of New York into a great city had many men and women playing a role and those who did so and continued contributions helping her to grow.

But these three men played significant roles at crucial times in the life of this city and we should acknowledge our debt to them for having done so.

New York City propelled by Stuyvesant, Hamilton and Clinton was not a routine town it had become a power house city where the usual circumstances tend to be spectacular Take for example its population in 1825 which stood at 125, 000 now in 1865 had risen to 3.2 million residents, most not born in the U.S.A., in other nations, both near or far Or its gross national product (G.N.P.) which was minuscule is 1.8 trillion today with more millionaires' than in any city, and 120 colleges and universities all part of this metropolis

New York the largest city in America, had by far, the largest mass transportation system that, but even so, had a need for more seats, more stations in seating of both its man or miss

Alexander Hamilton and John Jay founded the manumission society educating of Black children under NY State law, aren't orphans with 16,000 blacks many free, inside our door

Not until 1827, was slavery abolished in the state and while they were free there were many incidents of discrimination in housing, educational and social equality here, not yet a lore

Abe Lincoln, unknown, came to Cooper Union in NY and made an abolition speech, so powerful, that it catapulted him into to becoming one of the leading Presidential aspirants

New York City by Jack Birnbaum continued

In 1830-40 literary figures as William Cullen Bryant, Washington Irving, Herman Melville, John Keefe, Nathaniel Parker Willis and Edger Allen Poe, all hung their shirts, and pants

Public minded business and other elites lobbied in 1857 for Central Park to become the first landscaped park oasis providing both motor cars and horse drawn carts with an access

An 1860's the Irish potato famine, Black and indentured enslavement, and German religious intolerance, caused these groups to flee their native lands in attempts to meet with success

Each group came to NY City for sanctuary but the Civil war, limiting opportunity, raised frustrations to become riots twixt the needy, who were seen as competition and as "being rival"

It now seems ironic that with the assassination and public funeral of President Abe Lincoln many, but not all, of these problems had, over time, been ameliorated, "dead on arrival"

Neighbors - New Jersey, Bucks County and Philadelphia

By Sr. Franceline Malone

Separated by the Delaware River which we can drive over in less than a minute, we Philadelphian and Bucks County folks and Jerseyites share a lot in common. We on both sides of the river are familiar with very hot summer days. Where do we head? To the Atlantic Ocean beaches on New Jersey's shore. We can climb the steps to the Philadelphia Art Museum to admire world famous works of art. How about taking in a good show, or seeing live\Phillies win a game? Check out the city's theaters or the ballpark. A picnic east of the river invites us on a hot, sunny day to settle down on a grassy spot under a tall tree, carefully build a fire, cook our hamburgers, and enjoy our youngsters playing among the trees. Before we leave, we put out the fire so other parents can enjoy their children having fun in the cool shade of the forest.

What else do we share? When I asked the internet to list our area's natural resources, to my surprise HUMANS came up first - WE are the top natural resource - a gift from our Creator to the earth! Oil and gas came next- they burn, produce heat and electricity. Other listed natural resources were gasoline, uranium, coal, wind, solar, etc.

Truthfully, I think air and water should have come before those. We wake in the morning, breathe and stretch out our arms. Some of us reflect on the day ahead and pray in thanks for yet another day to learn, love and enjoy. Then we turn on the shower, and while we brush our teeth and take a glass of water, get it comfortably warm and hop in. All freshened up for the day, off we head to the coffee pot and the refrigerator. Take a moment now, think of all the natural resources that are in play just as we get ready to live another day. How come we can have a warm shower even in the winter time?

We have our State Parks with their myriad trees freshening the air and cooling the Earth. Philly is proud of its Fairmount Park System, 9,200 acres of hills, forests and meadows, with miles of trails. It also has Audubon, an important birding area. Tacony Creek Park, north of Roosevelt Boulevard, is home to beavers! According to the internet, deer, coyotes and peregrine falcons thrive in Philadelphia. Here at Paul's Run. We residents walking around the building frequently see deer enjoying the shady, grassy dip on our western edge. Groundhogs spread themselves out on the grass as they munch and of course, squirrels aplenty check out our surrounding trees.

Neighbors by Sr. Franceline Malone continued

Silver Lake Nature Center is located in Bucks County. The visitor's Center is open from Tuesday to Saturday from 10 a.m. To 5 p.m. And on Sunday and Monday from noon to 5p.m. The trails are open daily from sunrise to sunset.

Bowman's Hill Wildflower Preserve, founded in 1934 in New Hope, is located on River Road. Its 34 acres contain the Nature Preserve, an accredited museum and a botanical garden which features native plants of the Delaware Valley. Its trails are said to be in great condition. It is open daily from April to June except on major holidays. Pay the admission fee and you're in.

New Jersey's Washington's Crossing State Park, each year celebrates the anniversary by reenacting it across the Delaware River. Once as I was driving on the Jersey side, I caught a glimpse, visible from both sides of the river, of the boat in the midst of the Delaware replaying that historic moment in our nation's early history. In nearby Titusville, there is a beautiful Colonial Style Inn said to be where Gen. George Washington had his last meal before the Battle of 1776.

New Jersey, our most populated state, retains nearly 2 million acres of forested lands. Most is in well managed private hands. For two decades that has been a source of intense debate. A task force has been set up to determine how best to manage the forests, especially since escalating climate change threatens these treasures. How much hotter would New Jersey be without those 2 million acres! Blow, wind blow some of that cooler air over the Delaware to Bucks and Philly.

Forests at risk put drinking water, preserving habitat for wildlife and providing healthy recreational activities also at risk. We cannot forget the service trees provide in their wood and their soil storing tons of carbon from greenhouse gas emissions.

NJ's woodlands, wetlands and farms store 8.1 million metric tons of carbon dioxide equivalents (thank internet for this info.) We, NJ, Philly, Bucks, can't afford to lose these natural storage areas.

P.S. Lots of people enjoy canoeing on both sides of the river.

Public Lands and the Inflation Reduction Act

By Sr. Franceline Malone

One of the biggest wins for environmentalists and the world this year was the passage of the Inflation Reduction Act. Why does The Wilderness Society recognize it as a BIG WIN? Using their own words, because it "expand investments in conservation and environmental justice and is projected to reduce U.S. climate emissions by at least 40% over the next eight years."

That's the good news! But what are its negatives? "It tethers renewable energy progress on public lands and waters to continued fossil fuel leasing -which will hurt those communities already the most burdened by oil and gas development and pollution."

Over the past couple of years I have included a number of articles in the **Runner** which spoke of the world's varied efforts to lessen the impact of fossil fuels on our environment, our health, our choice of automobiles. We need to learn from one another, to respect each area's needs, to share our understanding of our planet, and to work together to make this wonderful world an even more tremendous place for those of every race, ethnic group, tribe, or individual - from our new born to our elders - some dark complected, some lighter and some in between - to together share our God-given Earth.

We here in the USA have quite a mixture of people, believe it or not there are still some indigenous people living among us - like the Navajos and Hopis of New Mexico and Arizona, the Gwich'in and Inupiat living in the Arctic National Wildlife Refuge. Descendants also of African and European ancestors, we are a hodgepodge of folks from all over the world. My Irish ancestors helped build the railroad in upstate New York, My German descent mother graduated from grade school and went right to work that week at age 13. Dad wanted to be a doctor, but his dad wouldn't pay for it, probably couldn't. Spanish ancestors crossed the Rio Grande.

People went to work, married, bore children, sent them to school, raised families. It took a while, but we've learned to live with each other pretty much!

Public Lands by Sr. Franceline Malone continued

Thinking back on what brought the United States into being, I thought about our own Sisters of the Blessed Sacrament. We were founded in 1891 by St. Katharine Drexel, who was deeply concerned that the young Black people of the U.S. and the Indians of the West, often did not get an education, so she used her wealth to found a religious community of women to assure them of an education. She built schools in the south, inner cities, and on the reservations. She educated the bands of young women that joined her, so they could go out and teach, opening up non-existent educational opportunities for the poor. Not only did she open elementary schools, she opened high school education to inner cities (Harlem, Camden, Chicago, Cincinnati, New Orleans, Santa Fe, the Navajo Reservation, etc.)

In New Orleans, after filling elementary and high school buildings with competent teachers,(religious and lay),Katherine Drexel erected and financed Xavier University, providing college education to black youth from Louisiana, Mississippi and Alabama as well youth from distant cities and states. The curriculum besides offering education degrees, eventually prepared Medical doctors, pharmacists, as well as offering other graduate degrees.

Autumn Leaves
By Arnie Escourt

It is October, when we look out our windows we see
The beautiful bouquet of colors from our many trees
The leaves greened and grew from the light of the sun
And now that it is a slightly cooler, their work is almost done

Our breezes have gotten stronger and the leaves are flying around
We notice such lovely colors on our trees and on the ground
In the spring and summer, they gave us flowers to enjoy
Their colors and fragrances were like a child's new toy

There is no need for us to travel somewhere far
In our own backyard, there they are
They cause us to think of our youth back then, when
We played buck-buck and hit the half ball over the fence

Those memories stirred old friend's names, I recall
But our lives have changed, like the leaves in the fall
We delight in the fact we grew up and each found our way
We selected a vocation, a mate, new places to visit or stay

We grew and found new tasks to complete
And, our kids are now telling us what we can't eat
We go out and see the breezes blowing the leaves to and fro
And we wonder about all the things, we will never know!

But the laws of Nature still seem to hold and last
And we have all those wonderful memories from our past
The rain, sun, storms and elections, come and go
Winter days go by slowly, some bring us sun and some snow.

A Feather in the Breeze

By Arnie Escourt

I saw a white feather floating in the quiet breeze
Gently, it slowly floated with stylish ease
It had no aims, no destination, but was on its way
That's how we should spend our time, going without dismay!

A lovely, little bird lost that feather as it flew
From the heights, it was sure to see surroundings, strange and new
Soon that feather fell to the ground, a bit tired but sound
Like us, if we are lost, we need to be found

A slight breeze came by and our feather did stir and fly
Should we have problems, we need to continue to try
Life is so unsure, we need to go at it, the best we can
Fortunately, most of us live with routines, we have a plan

Our feather climbed higher and higher in the air
Now more gracefully, floating without a care
I watched that feather and tried to learn how it could fly
Without a concern, a worry, just floating in the sky

Our life is not the same for a little feather and us
We work hard, seek the truth, and try not to fuss
We marry, have kids, homes and try to save
We wanted things to go well, we tried to behave

That feather, my unique feather, eventually flew out of sight
But we are held on the ground trying to do what is right
So foolish to think we can float off and just disappear
We have lives to live, things to do, and lots of love to share!

Turning and Turning By Arnie Escourt

This is the time of year when we think about our lives
Abstractly, we think about turning ourselves round about
Considering ourselves, our foolish mistakes, who we were
Looking around, looking up weighing our past against our future

We look up to the heavens, we look inwards and search our soul
Have we found God or have we lost the meaning, the feeling
Every religion has it special time for contemplation
Mine is coming quite soon and there is much to consider

Who gets the blame for the terrible things that happen to families?
To blame is a shame and it only leads to anger and torment
Who deserves the honor for our joys, blessings and successes?
Sometimes we get honor for dumb luck or for worthy efforts.

Do we really take a good hard look in the mirror of our soul?
Can we see what everyone else sees about us?
Are we just playing the game of hide and seek or taking a peek?
We need to think carefully about which way we are turning.

We have those who are trying to turn America upside down
We have those who are spreading terrible lies all around
We have an over abundance of those who are very confused
There are many who so strongly believe, they okay violence

Some say the end is near. I ask, really where is that end. Life is a
cycle, round it goes and the trip is always different
We have to bypass all the obstacles and make our way
We have to look hard and find ourselves before the water rises!

December 2022

By Ed Scully

When I walk around campus here at Paul's Run I notice many residents I have said "HELLO" to last January. I feel sure that part of the reason is the wonderful care that our management and staff provide us just about every day. A couple of examples that I have experienced : On a Saturday morning Nurse Practitioner Bernadette attended me and made me feel human; on a Sunday afternoon two nurses and two other observers attended me in my abode on the third floor to my happy convenience. This kind of care of some of our residents is to some extent the reason that we have quite a few residents living beyond the revered age of 100. A fellow poker player, with whom I play three days a week, Sidney, will turn 100 this month. There are a few other residents getting pretty close to that golden age. Happy Day to all of them!

The great Veterans Day festival that was held for us cannot be accurately described for you RUNNER residents because it exceeded any expectation of being honored and treated so well with so many of our key personnel serving us one of the best meals we have ever had here at Paul's Run. On behalf of the veteran attendees, an abundance of thanks along with our appreciation of how you have all made our day so wonderful. Despite the longevity diatribe we all look forward to next year.

However, if we look a little close to our Philadelphia surroundings, you will notice that our longevity decline has been due to alcohol-related liver disease, drug overdose, surges of several diseases, suicide, accidents, and certainly an increase in violence. Our enduring of COVID for the last three years is a very noticeable reason for a decline in longevity. We do not have good data on influenza (THE FLU) but a glance at a newspaper or television will let you know that our local hospitals are approaching capacity in patients now (in November). Avoid the many locations where it may be contagious.

It has been a constant expectancy that children will live longer than their parents. If the present diseases continue, that will not be so. Our progress in longevity is not holding up .The decline does not really affect us residents but if today's mortality rate were to continue forever (which not probable) the life expectancy of those who are age 30 today has a life expectancy of only 60-- which is probably only as accurate as the weather forecasts that we now endure. ENJOY THE DAY EVERY DAY!

December 2022 by Ed Scully continued

During this year of 2022 you have probably sung and heard many songs that you really like. There is one last song you may hear or even sing before the year end.... Auld Lang Syne. Therefore it is only fitting that a few words to this New Year/Old Year Song be highlighted for your advantage so that either alone or in a festive group, you may begin and end the year as properly as anyone. For you:

Should old acquaintances be forgot and never brought to mind
Should old acquaintances be forgot and Auld Lang Syne
For Auld Lang Syne, my dear, For Auld Lang Syne
We'll take a cup of kindness yet for Auld Lang Syne

And there's a haul my trusty friend
And give me a hand of thine
And we'll to be a right good will draught for Auld Lang Syne

Already in Mid-November there has been snow in the Poconos. Some morning soon, you will awaken and when you gaze out your window, you will see what is locally called snow. Our Paul's Run maintenance staff and possibly outside contractors will clear the black top roads and employee parking lot, but you, with automobiles and assigned parking spots will be responsible for clearing them of ice and snow or you may call the front desk and schedule a time for clearing of your vehicle for a fee.

Back in July a law was passed that requires motorists to thoroughly remove all snow and ice from vehicles before driving. This law was introduced in response to the death of Christine Lambert on Christmas Day in 2005. She died when a 10 inch piece of ice from another vehicle dislodged and crashed through the windshield of her vehicle. Violators of this Pennsylvania law can be fined \$75 if pulled over, even if just a little bit remains on the vehicle. Be thorough!

Before you venture out, be very sure that all of the snow and ice are removed from **All** of the vehicle. That includes the roof, windshield, headlights, taillights and also the side view mirrors. Snow and Ice that remain on a vehicle can be very hazardous. Visibility is not only decreased but it could blow off a vehicle and land on another causing serious injury or death of other drivers.

December 2022 by Ed Scully continued

Each month those who present articles for The Runner must come across something different, more or less original, what may be of interest to the readers, a subject somewhat known about by the writer, something not too complicated, and of course something that can be completed at a time before the scheduled publication time. Sometimes, one who is expected to prepare an article may be stymied about determining an article that may be of interest to the Paul's Run readers and so decide not to write anything at all.

An occasion of that happening is rather seldom but in order to possibly limit its causing, you our resident readers are respectfully requested to conjure a subject that you would really like to read about any month while you are here. What you submit does not have to be lengthy, detailed, complicated, not at all exhaustive, but something that you feel will be considered interesting to your fellow residents and also to your friends and even your relatives.

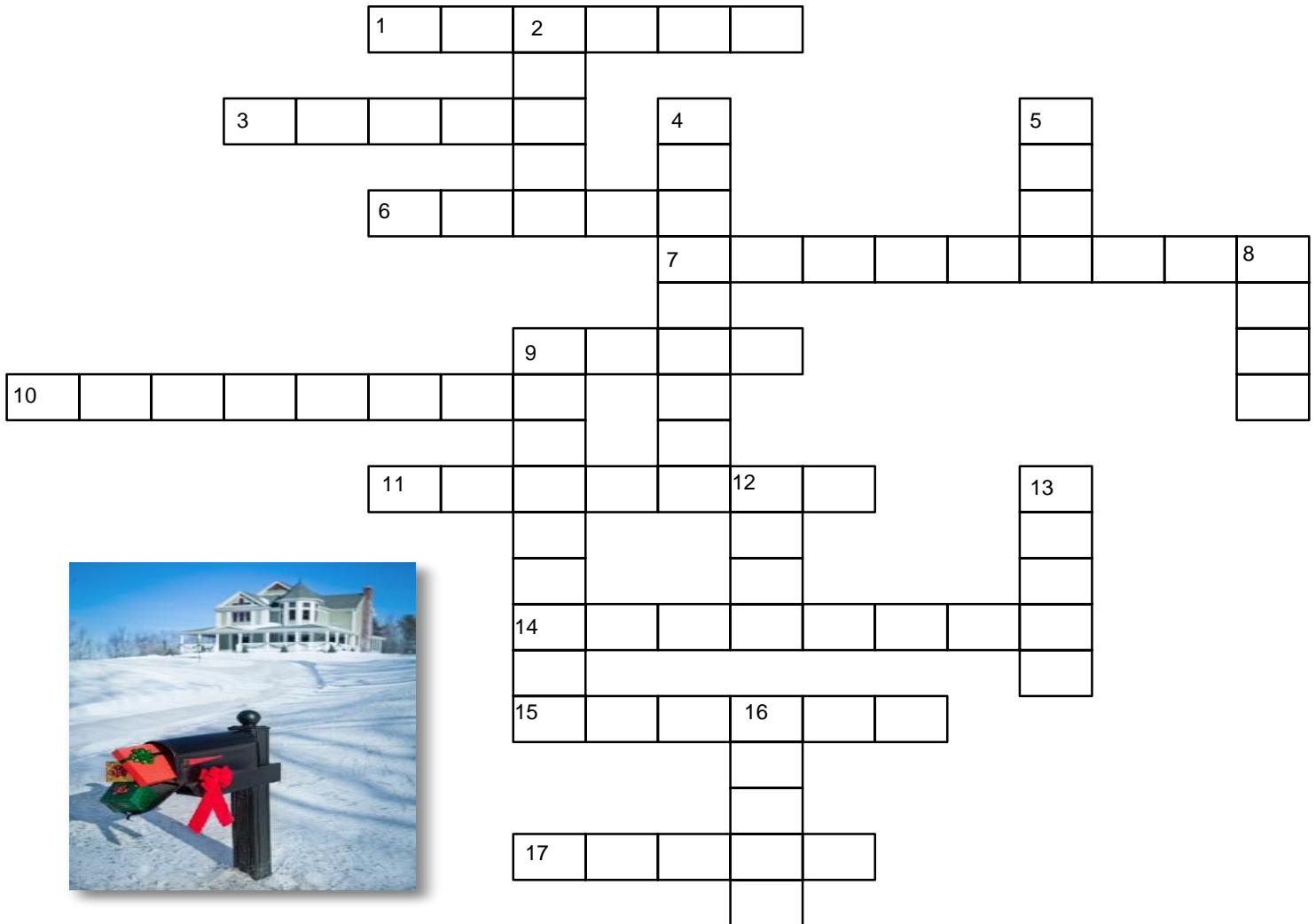
About four months ago my right shoulder and a bit of my arm muscle would begin to ache like a circus. The pain was intense. However, it was recently determined that the work of a physical therapist was needed more so than just pain killers whenever it began aching again and then again. For about the past five weeks, I undergo the twice a week treatment in the Building A gym with Kyle, a very experienced therapist, somewhat unmerciful who has me working out on just about all the equipment there in the gym along with two and four pound balls that can wear one out.

The above was presented so I can let you know that I often have aches but I wish to present to all of you something like an advertisement about a very experienced therapist, who can be of unimaginable assistance by taking care of you and even curing you of what you may have been enduring for much too many tears. Sometime when you are passing by the gym take a look at what may be a help in taking care of what may ail you.

You may be something like me who has lived here for almost three years who went into the gym only to weigh myself. Now I know, and I hope you will find out that it has lots you may become very involved in - in getting better.

Home Is Where the Heart Is

Use the clues to fill in the crossword.



DOWN

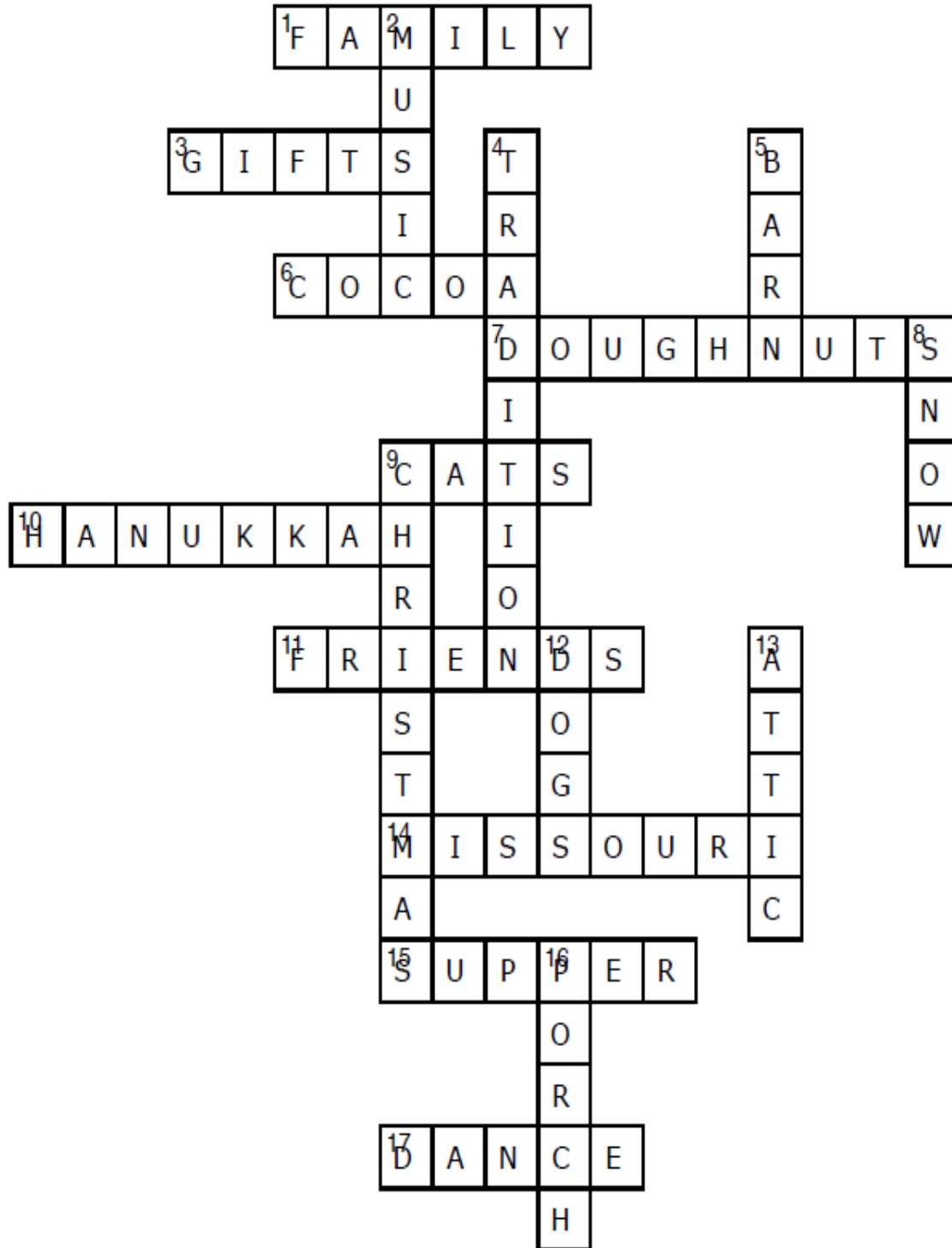
- 2. Tunes
- 4. Custom
- 5. Farm building
- 8. Winter weather
- 9. Merry _____
- 12. Pooches
- 13. Room at the top
- 16. Welcome mat location

ACROSS

- 1. Kin
- 3. Holiday purchases
- 6. Hot drink
- 7. Glazed goodies
- 9. Pets that purr
- 10. Eight-day Jewish holiday
- 11. Close group
- 14. "Show-Me" state
- 15. Evening meal
- 17. Move to the music

Home Is Where the Heart Is

(solution)



MAIL ISSUES

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



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



Beauty Shop

By Appointment Only
No Walk-Ins

Call Anne Amato
215-934-3055



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On Facebook
PAUL'S RUN



Friends of Paul's Run

**THE GENERAL STORE
HOURS OF
OPERATION**

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

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



**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.**



A Request from
Maintenance:

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

FRIENDLY REMINDER

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

Thank You