

MARCH RUNNER

*“Winds of March, we welcome you;
There is work for you to do.
Work and play and blow all day;
Blow the Winter wind away.”*
~ Author Unknown



Bird of the Month – Robin

Robins are cheerful migratory birds commonly seen throughout most of North America. These lovely songbirds are easily identifiable due to their bright orange breasts, upbeat chirping, and early morning feeding. They love to dig up worms from the grass in the wee hours—making them the quintessential early bird getting the worm. In addition, they also eat insects, seeds, and fruit. Robins live in both urban and rural areas. They are not aggressive with humans but can be quite territorial with other birds. They will fight to the death to



maintain control over their territory. While robins can live well into their teens, they have high mortality in their first year of life, so their average lifespan is only about two years. Robins are very adaptable and are good at finding food and shelter in new locations. In many traditions, the robin symbolizes faith, love, optimism, renewal, and joy.

Special Days

Share a Smile Day
March 1

Holi (Hindu Spring Festival)
March 8

Daylight Saving Time Begins
March 12

St. Patrick’s Day
March 17

First Day of Spring
March 20

World Math Day
March 23

Flower – Daffodil



With its bright yellow petals breaking through the melting snow, the daffodil is a sure sign of spring’s return. Also known as narcissus or jonquil, the sunny flower represents love, hope, joy, and respect. But when gifting, be sure to present them in a bunch—the gift of a single daffodil is a sign of misfortune. In many cultures, the daffodil symbolizes rebirth and prosperity. Its re-emergence each spring reminds us that great beauty can follow the coldest winter or most difficult struggle.

Birthstone – Aquamarine



The name *aquamarine* comes from Latin, meaning “water of the sea.” Aquamarine was the stone of the sea goddesses; sailors carried the stones believing they would ensure safe travels. Aquamarine exists in many shades, from pale to deep blue. Some are tinged with green. The gem owes its color to the presence of iron and belongs to the same family of stones as the emerald. Much of the world’s supply comes from Brazil, in particular the vivid blue variety called Santa Maria. They are also found in Siberia, Myanmar, and parts of the U.S.

Birthday Critters

Monkey (March 1–8)

You embrace having a fast-paced lifestyle, and even the slightest bit of downtime drives you crazy. Always upbeat and fun, your personality wins people over every time. You're also known as a loyal and loving friend.

Lion (March 9–15)

With your fierce but peaceful spirit, you feel most at home when you are outside enjoying the wonders of nature. You are a born leader, and your candor and gentleness help you earn others' trust.

Mouse (March 16–23)

Your good sense of humor and mischievous nature help you keep everyone laughing. You are a very social person who loves being the center of attention. You also enjoy cooking, gardening, and entertaining.

Cat (March 24–31)

Though you enjoy the company of others, sometimes you just need a little quiet time for yourself. You are curious by nature and love learning new things. You're also crafty and can fix just about anything.



Spring in Scotland

You've heard that March "comes in like a lion and goes out like a lamb," but in Scotland, they say "March comes in with adders' heads and goes out with peacocks' tails." An adder is a venomous snake native to Scotland.

March Zodiac

Pisces (The Fish)
March 1–20

Aries (The Ram)
March 21–31

March is the third month of the year in the Julian and Gregorian calendars. However, March used to be the first month, until January and February were added to the calendar around 700 BC. That's why many cultures and religions still celebrate the new year in March. In Finnish, March is called *maaliskuu*, which means "earthy month." The Ukrainian word for March translates to "birch tree," which is one of the first trees to bud in the spring.

Have a PB&J

If you like peanut butter, plan on celebrating the popular, salty, creamy spread on March 1, which is National Peanut Butter Lover's Day. Get out a jar of your favorite nut butter and make a peanut butter treat, like a peanut butter and jelly sandwich. If you're like most Americans, you'll eat almost 3,000 of these yummy sandwiches over the course of your lifetime.

What's Lucky in March?

Lucky Color: Green
Lucky Animal: Cat
Lucky Letters: C and J
Lucky Day: Tuesday
Lucky Plant: Birch tree



March Birthdays

Ron Howard (actor/director) – March 1, 1954
Catherine O'Hara (actress) – March 4, 1954
Lou Costello (comedian) – March 6, 1906
Lynn Redgrave (actress) – March 8, 1943
Liza Minelli (entertainer) – March 12, 1946
Jerry Lewis (comedian) – March 16, 1926
Glenn Close (actress) – March 19, 1947
Ozzie Nelson (actor) – March 20, 1906
Fred Rogers (TV personality) – March 20, 1928
Fannie Farmer (chef) – March 23, 1857
Diana Ross (singer) – March 26, 1944
Reba McEntire (country singer) – March 28, 1955
Vincent van Gogh (artist) – March 30, 1853



Good Day,

Winter is winding down, although it has not been typical winter weather in Philadelphia. I am not sure the famous March saying “In like a Lion and Out like a Lamb” will be fitting this year, so it may not be long before our front porch area is occupied by our residents enjoying the fresh air and friendly conversations.

Some of our new residents have shared their life stories and I would like to share them with you:

Jacqueline Teacher B123

Born and raised in West Philadelphia with herself and her parents, Jackie then moved to Oxford Circle where she attended Wilson Jr. High School and later Olney High School.

Jackie worked for PNC Bank for 39 years as a teller. Although the job involved moving from branch to branch, Jackie enjoyed working at the bank as it gave the opportunity to meet people. Jackie loves to travel and her excursions include Mexico, Hong Kong, Bali, Spain, Portugal, Greece and Turkey to name a few. Jackie also enjoys knitting and is looking forward to joining the knitting group here at Paul’s Run in the near future. So far, Jackie enjoys most of the entertainment and meals. Jackie shared she is also enjoying the company at the dinner meal each evening.

Welcome Jackie !

Ted & Norma Pansky B213

Ted and Norma met on a blind date when Norma was 16. Norma’s friend arranged the blind date which was a big deal as Ted had a car! Not only was that a hard pill for Norma’s parents to swallow , but that evening Ted got a flat tire so you can imagine the worry that evening. Things must have gone smoothly after that night because Ted and Norma have been together ever since.

58 years have brought:

2 children (Adrian and Eric)

4 Grandchildren (3 girls: Paige, Anna, Morgan and 1 boy: Lane)

4 Great Grandchildren (3 girls: Avery, Brynlee, Amelia, and 1 boy : Ezra) with another great granddaughter on the way.

Ted was a hairstylist and both Ted and Norma owned “Ted’s Salon of Style” located in Bell’s Corner Shopping Center for 20 years. Unfortunately a dry cleaners next to the salon had a large fire that spread to the salon and burned down both stores.

Ted joined his son in the general merchandise business located in South- West Philadelphia for 15 years before retiring.

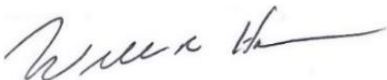
Both Ted and Norma resided at The Huntingdon Place for 3 years, when again, they experienced another unfortunate event in which their entire apartment flooded.

Next move was to “ The Regency” in Willow Grove where Ted and Norma lived for 3 years before coming to Paul’s Run.

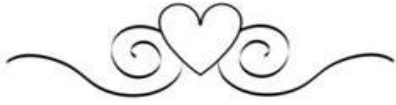
Norma stayed in Paul’s Run rehab a number of months ago. Both Norma and Ted decided moving to Paul’s Run Independent Living is a great option so that the family can be assured they both will be looked after and safe. Ted and Norma’s family arranged for the move and situated the apartment so beautifully that they have felt right at home from day one.

Knowing many residents prior to moving to Paul’s Run has been a blessing for Ted and Norma and they have also enjoyed meeting new friends. Both Norma and Ted enjoy playing Dominoes, Canasta and Mahjong. Norma is an avid reader while Ted is a History buff. They enjoy the entertainment and dining experience at Paul’s Run. If you are interested in Dominoes, feel free to contact the Panskys – they would love for you to join them.

Sincerely,



Executive Director



In Memory Of



Grace Benedetto
By Mr. Theodore T. Aicher

♪ Music Therapy Notes ♪

Hello Residents of Paul's Run!

My name is Christina Zhang, a new senior Music Therapy Intern from Temple University. I am so happy to be here with you all for the next several months. I grew up in the Lehigh Valley, just two hours north of Philadelphia. My primary instrument is the trumpet, but I also play guitar, piano, ukulele, and even sing! I have been in many different ensembles such as acapella, marching band, orchestra, and many more!



If you see me around, feel free to say hello! I would love to meet you!



Ed Scully March 2023

We who are residing here at Paul's Run may be rightfully called older folks and sometimes senior citizens who are sort of retired from the world of work.

As a thought that once again entered my head. I feel that a disturbing lack of skilled workers helps to affect our national economy. This problem may be easily resolved somewhat if a clarion call were sounded to encourage our aged group of very skilled former workers to consider returning to the workforce for a day or two. They will decidedly be a very helpful aid to somewhat alleviate the prevailing problem of needing many more skilled and willing workers-- as we were once upon a time. This effort should be joined by a great willingness of all targeted employers to participate in this initiative. (It is advantageous to them).

The intent of this article was not to address the shortage of skilled workers but I was sidetracked from my initial intent to present something about our now living longer than most of our predecessors, now we start once again.

Did any of you ever think that your having apartments on the most upper levels or residing in extreme locations from most activities and necessities may be helping you to possibly live even longer. When you travel these longer distances several times a day you are really doing an exercise that many studies probably commend. Any increases in your vigor and gusto are linked to a study that shows a 40 % lower risk of early deaths in adults.

Results of this study that I've discovered are not at all new to us. How we move and how often we move and also how vigorously we move are hardly new. Classifying our traveling about a residence such as here as a form of exercise in the studies is invariably followed up by recommendations to undertake a bit more intensifying of the so-called exercise. In a large-scale study back in 2006, it was shown that just thirty minutes a week of a bit of intensified exercise dropped the risk of dying from heart disease by about half in both men and women, compared with people who were sedentary.

Not that you don't know its definition, "sedentary" means mostly to us:

CHARACTERIZED BY OR REQUIRING US TO HAVE CONSIDERABLE SITTING MOST OF THE TIME ALL OF THE TIME"

Ed Scully continued

There are several great exercise programs that are conducted in the gym and auditorium by five foot and eighteen inch Matt. It is suggested that if you are not participating in any of them that you look into doing so as early as possible in this New Year. There are 24 hours in which you are already very involved in two of my three SEE functions: Sleeping and Eating. Bes sure to get involved in my third SEE function of Exercise. There are 24 hours in each day for you to schedule this third very important SEE function.

This article really reminds me of a US Circus strongman, Charles Atlas, who was born Angelo Siciliano and in his early days performed with the Coney Island Circus Side Show. Possibly some of you former New York residents have seen him perform. Charles left us only 50 years ago at the age of 78. His demonstrations, that may also be called exercises (by me anyway) were basically called demonstrations of strength. They included lifting two men off the floor, tearing telephone directories in half with his bare hands, and resting on a bed of nails with three audience members standing on his chest. Of this last performance he once remarked "Women used to faint when I did that. They couldn't stand viewing a beautiful body like mine being abused." Amen! By the way, what television shows are you now viewing most often that you did not watch before moving here?

Do you ever go to bed and then realize that some things you had planned to attend to were not taken care of? You may have completely overlooked or forgotten all about it and many other things. They be matters impacting friends, spouses, next-door neighbors, dinner partners, and possibly you and your very own lifestyle. You may most likely attribute these omissions to the forgetfulness of aging, but could it ever really be to what experts call a bit of what we possibly continue to call PROCRASTINATION ????????

According to my June 20, 2015 31st edition of The Merriam-Webster Dictionary , the word is defined as: "to put off doing something that should be done". What caused me to prepare this article about its prevalence is my coming across an advertisement for a \$ 16.00 book on how to deal with it. Here is my suggestion and your following it will avoid any necessity you may have to buy it:

Ed Scully continued

"Every morning, write down what you plan to do and with whom and when you will interact". Then do it.

P.S. Whom did I meet but Sr. Genevieve Allen in the hallway, my next- door neighbor, and then let her know about this article that I just prepared? Sister happily let me know she already does this and also added this: "I also make sure that the most difficult items to care for are listed as first to be looked at for priority attention". How about also doing that to try to avoid procrastination?

On February 2, the Punxsutawney Club observed the groundhog to determine if he was able to observe his shadow and unfortunately, he did see it. Accordingly, it was therefore decreed that we would experience six more weeks of winter. This action has been going on for many years, since 1887 causing many people, like me, to question the validity of it going on for any more years. Its accuracy rate is 40% but it will probably continue for many more years to come for Punxsutawney Phil.

First of all, we have not really experienced much of a winter here at Paul's Run and using the word "more" is really inappropriate. We are now living in a scientific and very predictable world. We have access to all kinds of weather prediction equipment, weather history in our city readily available, knowledgeable meteorologists, the aches and pains of some old timers whose very bodies have a feel for oncoming weather that seem to be more accurate than a groundhog. Are you like that?

How much credibility should be given to all of a few short moments of observation. In the final analysis, it is really an annual ceremony that permits getting some attention to Punxsutawney. The arrangers and local citizens seem to enjoy doing this every year, so let them enjoy themselves.

We may be minimizing its accuracy and we may also be causing too much disdain for the groundhog. Some of the Paul's Run residents watched the movie "Groundhog Day" in the auditorium on February 2, so many of you may still like Phil.

Ed Scully continued

We all have memories but one of my most memorable is of being in a night club with my wife Evelyn and my children Mark and Susan.

I remember a teen age female singer as if it were taking place just today, who sang this song to her grandfather : "You Light Up My Life" It is the 1977 hit song of Debby Boone, still popular as it was then.

So many nights I'd sit by my window
Waiting for someone to sing me a song
So many dreams I keep inside
Alone in the dark but now you've come along

And light up my life
You give me hope to carry on
You light up my life
And fill my days with song

Rollin' at sea adrift on the water
Could it be finally I'm for love?
Finally a chance to say "Hello I love you"
Never again to be all alone

Cause you light up my life
You give me hope to carry on
You light up my days
And fill my nights with song

It can't be wrong
When it feels so right
Cause you light up my life

American Presidency PART 1

By Jack Birnbaum

The American presidency was the first leadership office in the modern world to be consciously created as a Constitutional position, that had the consent of the governed. It was based on the independent prerogatives of lineage and conquest, an audacious reform of the Constitutional Convention of 1787 by colonists who refused to bend. Throughout American history the presidency has been the focal point of American government as a head of state along with an assurance of a peaceful transition of power. After George Washington rejected monarchy, leadership now fell under the sovereignty of the people, headed by a president, a part of a weak structure, and titled as being a federation.

The colonies who yet had a fear that a strong executive could invite disaster, now voted to install this weak president as a tool for use, as a part of the operation of this new nation.

The federation president had no army and a congressional majority was needed, but difficult to achieve, to resolve territorial disputes & fiscal controls, made it to be a chaotic situation.

The states had conflicting territorial claims, printed currency of no worth, did not pay their militias salaries, which led to Shay's revolt, in reality it was much more like a mutiny.

George Washington and other leaders in 1787 called for a convention not to improve the federation, but in reality, to consider a constitution to now be of service for our new country.

This document's design was a balance of power twisted three branches of government, the legislative, the judicial and the executive each with specific new tools to use for authority.

The Executive powers, as a veto of legislation passed by congress, to appoint judges & other unelected federal officials, to pardon criminals, referrals to the congress for solutions.

checks and balances; as presidential impeachment a serious breach of power, 2/3 vote of the Senate & a majority in the house of representatives, to either convict or in absolution.

Senate approval for treaties and specified Presidential appointments, congress could now override a Presidential veto by a 2/3 vote of both houses and then insert it as a clause.

American Presidency Part 1 by Jack Birnbaum continued

Congress has the power to declare war and to provide rules for the armed forces and to investigation of the executive branch based on what is now a Constitutionally sufficient floor

The Judicial branch could review actions of the president as well as other branches of the government particularly in those cases that are Constitutional, or in a case of judicial pause

The debate in America of the Constitution through the federalist papers was resolved & accepted by a majority of the states and as of now, it has become a staple of our American store

George Washington may or not be argued as being America's greatest President, but I do not believe that there can be anyone other than he, can be considered the greatest of patriots

He entered life and he on his own, became a farmer par excellence, he acquired the country skills of riding, shooting, woodsman ship and surveying skills all giving back to the soil, lots

His father died when he was 11, he was self schooled learned the basics, to lead a virtuous life copying those rules from a book whilst use of his skills & talent became a wealthy individual

He served his nation with military service in the French military war and later as the General in charge & was revered for his service and his contributions to our freedoms and its residuals'

Washington served as the revolution's commander through 8 1/2 years and during this period of service he did not take one day off, not once did he forsake those given responsibilities'

He suffered through both victories and defeats but he kept his army alive until, in spite of the sometimes lack of support of the congress, so he could achieve decisive victories Washington won a public relations victory when he forced the British to evacuate all of Boston after a battle by placing his artillery on heights above the harbor in march of 1776

His army, however, suffered a crushing defeat in New York City in the summer of 1776 and the narrow escape with his army taught him what became an ace in his bag of tricks He learned that to preserve his army was more important than any single victory especially with New York City which he set on fire after he sabotaged their fire department

American Presidency Part 1 by Jack Birnbaum continued

Now on the verge of defeat after being chased south through New Jersey Washington executed an audacious maneuver that now became the single most important event Of this whole revolution, as he led his troops across the Delaware River on Christmas Eve and defeated the combined superior enemy forces of Hessians and British Troops Their victories at Trenton and Princeton were the turning points of the revolution as they drove the enemy from all of New Jersey and making the British their dupes This was ultimately followed by General Horatio Gates victory at Saratoga in New York that led to an alliance with the French that came into effect in the next year Washington then realized for the first time that he could attain superiority at sea and also that could augment his army adding foreign troops to them, adding a gear On Oct. 17, 1781 at Yorktown a combined French and American force defeated General Cornwallis and thus ending British plans and as America became a land to fear

America's first plan was a Federation government was succeeded in 1787 by the Constitution which began under President Washington, lasting some 200 plus years Many thousands of black Americans fought for independence most of them were in the lower ranks as a few blacks were released most were not as freed without a tear General Washington, as many a Southern land owner, owned many slaves, but was known to criticize this practice he, in his will, ordered the release of all his slaves Most native Americans sided with the British during the revolutionary war as they feared the colonial white man with a western expansion to treat them as knaves

As the revolutionary war was over some officers and men plus some members of congress attempted to pull off a coup, Washington helped to make it come up short He made it known that discredited the use of the military as a political tool and that political goals were part of the prevue and the authority of our civilians to sport He retired from the military and public life after a refusal to consider becoming a British style monarch without title, but as a statesman whose respect was sought Washington was distressed by the Articles of Confederation inability to control taxes, territorial disputes plus the Shay's rebellion, he now organized the 1787 convention The convention under his direction produced not only the Constitution but it set the stage for a new form of government that needed both he and his full attention

American Presidency Part 1 by Jack Birnbaum continued

In Washington's first term he set up procedures that were efficient to deal with issues and were amenable to be adapted and could be used by future presidents

He appointed skilled and experienced persons to the key positions and yet he also was aware to appoint those geographic and ideology persons to then fill up his tents

In his relations to the public, he was distant befitting the dignity of his office, while his wife Martha, who preferred staying home did a limited number of social events

Although Washington traveled extensively, he made few public speeches during his eight years as President most Americans never saw their beloved president

Washington believed in the independence of each branch of the federal government although he did at times, make recommendations to the Congress to consider

He established a distance between the Senate and the President in conducting foreign affairs relying on his cabinet for advice; 2nd term, formal meetings, came hither

He was also reluctant to the use a veto and he established the precedent wherein the president alone was responsible there's none else can be designated as a sitter

Washington established two crucial issues to be addressed 1-the financial operations 2-debts that remained or had been inherited from the revolutionary war

In both as cases policies from Alexander Hamilton were adopted to bind the wealthy Americans to government and promote industry and commerce much more

Based on Hamilton's policies the government began raising money through import tariffs and excise taxes to repay debts at face values, state debts were now being paid

Hamilton's plans opposed by Jefferson, sometime later they got him to say OK, a mix was moved as Jefferson wish to have USA capital in the south by trade was Ok'd

A Constitutional tiff twixt these two on establishment of a national bank, Washington and ultimately the Supreme Court had agreed to the establishment of such a bank

Washington now decided to serve a second term to mitigate the political factions and then in the light of the French Revolution European confusion in their ranks

His second term was spent consolidating financial security of the new nation keeping us out of war and beginning to build a unified nation into a Unites States

His unflinching commitment to making this nation whole was part of his magnificent contributions toward providing us the will to conquer human hates

BIRDS COMING & GOING

By Sr. Franceline Malone

According to what I recently read on the internet, North America in the past half century has lost a quarter of its bird population. Another site claimed that the United States and Canada lost 2.9 billion breeding adult birds over every ecosystem since 2019, dark-eyed juncos and white throated sparrows each lost 175 million. Meanwhile the journal Science claimed the loss of 3 billion birds (world wide?) since 1970, shore birds have dropped a quarter of their population. Ken Rosenberg of the Cornell Lab of Ornithology of Ithaca, NY poses a breeding bird loss at 30%.

Meanwhile other bird spotters with the help of volunteers claim some bird populations are increasing. Scientists speculate that the observations might indicate a shift in total populations rather than indicating loss, as "towards birds adapted to living among humans."

N.A.'s Breeding Bird Survey and Audubon's Christmas Bird Count as well as volunteer' counts combined decades of data on migrating flocks at 143 radar installations. Loss was attributed to just a dozen bird families: e.g. sparrows, warblers, blackbirds, finches, meadowlarks, dark-eyed juncos, horned larks and red-winged blackbirds. Grassland birds had a 53% decrease or 1/2 of shorebirds.

Raptors - bald eagles, and waterfowl decreased, but the numbers of ducks and geese increased. Hunters raised voices when they did not see the numbers of raptors and waterfowl they expected. Loss of numbers, according to some scientists, took place over a few decades.

What has caused decreasing numbers of birds? Urbanization, habitat deregulation and toxic pesticides are listed among the most common. The number of birds compared to that of humans, decline of food sources, pets trained to hunt, eggs being harvested in large quantities. The last affecting chickens, turkeys, ducks, geese and even pigeons. Electricity too took its toll.

Birds Coming & Going by Sr. Franceline continued

During WWI and II and the Korean War, pigeons were used as messengers. Their wartime use dates all the way back to the Roman era. As American colonies were being built within our abundant forests, pigeons also enabled settlers to communicate with each other over the miles.

For thousands of years feathers were used by indigenous people throughout the world, especially poplar was the fancy headdress. Feathers are especially effective in fighting cold. They were wrapped into blankets and robes, stuffed into pillows and mattresses. Ostrich farmers sold plumes, popular in hats. Peacocks, swans, pheasants contributed to the styles of certain eras. Finches, parrots, canaries and parakeets, not only added color in clothing, they also made popular pets.

Bird poop - guano, spread when seeds were planted, was found to increase the output of many crops. However, birds can be serious threats to crops as they also like to eat. Birds running around or flying over airports have caused planes to crash - death and destruction affecting individuals and families..

Fortunately, few bird diseases and parasites affect men, women or children. Parrot fever, which few of us get exposed to, can be fatal.

Since 1680 80% of bird species have become extinct and due to pesticides and pollution, a large number are seriously endangered. Among those in the USA are the peregrine falcon, the osprey and the California condor.

Also contributing to our loss of birds is the destruction of natural areas. Think how many cities and towns have taken over those natural areas in our time. According to the internet, the introduction of exotic animals and their diseases are considered the most devastating causes of bird loss. Storm and flood damage also took a toll on our available land. Even the nasal discharge from migrating birds spreads disease!

Birds Coming & Going by Sr. Franceline continued

Good news picked up yesterday when I went into the internet and watched an article about a bird - a black-naped pheasant pigeon - recently considered extinct in Papua New Guinea. John Mittermeier and his team were on a 30 day search to see if they could find that bird which had not been sighted for ages. They were already on day 28 without having seen that bird.

Discouraged, they faced shutting down in two days and declaring it extinct.

With some kind of a rod in his hand, John was poking around in the grass! Suddenly a good sized bird (brown, black and white body, long neck) came marching into his patch! You got it - a black-naped pheasant pigeon decided it wanted to see who was messing with his grass!

Wow- how many scientific researchers had that wonderful experience!

Congratulations, John and the rest of the team!

Climate Change's Effect On Indigenous People and Children **By Sr. Franceline Malone**

Widespread flooding in the past few months impacted 40 million people, half of them children. Among those most impacted were the people of Pakistan, India, Nigeria, Chad and South Sudan. Among displaced millions, thousands were killed.

Try to imagine what that would be like - fleeing parents trying to guide and protect small and teen-aged children, to keep them close. Families struggling through flooded plains, jungles, submerged roads. Youngsters pushing through water up to their hips. Teenagers, barely able to get through themselves, carrying little brothers and sisters. When at last they leave the woods or jungle behind, will they see hills dotted with villages ahead of them? Will they find there enough to eat, a place to take shelter? Will strangers reach out to them? Or will they drive them away, saying they have enough problems without them? Will they ever be able to return home, find missing family members? Were grandparent lost in the floods?

Climate Change's Effect on Indigenous People & Children by Sr. Franceline continued

"Save the Children," Founded in 1919, has over the years served 1 billion children. Children, both boys and girls, have rights: gender equality, a right to be safe, to grow up healthy, to get an education, to be loved, cared for and prepared to take on the responsibilities of adult life. Are they learning from adults to be willing to reach out and help one another, and to know they were loved into life by their parents and are now continually followed and cherished by the loving eyes of God who had a lot to responsibility for our being a part of Paul's Run community today!

"To Counter Climate Change, We Must Protect Indigenous Peoples"

Adapted from an Oped by Susan Pelletier, US Daily News 9/19/22

Some time ago, for New York City's Climate Week, thousands of people gathered in one of the world's richest cities to discuss how best to fight climate change. One of the basic elements they considered was protecting our forests. Many ancient ones still stand, is that despite us? Did these ancient treasures survive because we didn't mess with them? Not untouched - rather not destroyed. Even in this day and age "Indigenous peoples protect rainforests better and more cost-effectively than do national parks services. That's neither hyperbolic nor wishful sentimentalism about the precolonial world; it's a scientifically proven truth. And so the key to preserving the forests isn't to wall them off from people. It's to better recognize and enforce the rights of the people who already live there." It is today's children who will take responsibility for tomorrow's forests. With indigenous people, let's leave them something to be proud to care for and pass on to yet a new generation.

What do trees mean to you? What difference does a tree make in our Yard? Did any tree make a difference in your young life? How about writing down your thoughts. If you pass your ideas on to Sr. Franceline, she may be able to include them in an article written by US!

She Comes on Friday

By Arnie Escourt

We need the ladies that push their cleaning carts all around
In the halls and offices, making sure no grime is found
They empty the trash containers every day
An there are no bad smells anywhere, I am happy to say



Yes, she comes to my rooms on Friday at 12:15
Once a month, she rings my bell to clean
I try to be neat; and she freshens each room
Using cleaning stuff with a mop and a broom
My floor gets washed and the rug has no more crumbs
The tile gets shined and the vacuum cleaner hums

My soiled clothes are pick up quite early in the morn
They are quickly washed, and returned with nothing torn

Young men use the big motorized vacuum that clean the hall rugs
Others empty the trash rooms, which have no bad smells or bugs
The handy men fix our TV sets and toilets if they do not work
They hustle and bustle and needed tasks, they never shirk

Our cooks, waitresses and waiters take daily care of each of us
They take our orders, and make changes without any fuss
Our elderly gang can be polite but sometimes some do annoy
Daily the kitchen delivers, the culinary items and food we enjoy

Our medical office answers our questions, and keeps us well
Security keeps us safe and protected, better than a hotel
Executive staff keeps us occupied and gets problems solved
They plan activities, entertainers and keep us quite involved

Three cheers for all our employees!

Life Goes On

By Arnie Escourt

Winter here, is slowing slipping into warming Spring
Our entertainers dance and we proudly sing
They are making pizza with all kinds of stuff on it
And soon the ladies will be wearing their pretty bonnets.

And life goes on

We have lots of movies to watch and some we already saw
And musical activities, where we can exercise and draw
We take trips to the bank and to stores to get what we need
They try to take good care of us, indeed, yes, indeed

And life goes on

The headlines and TV's breaking news, bring us little joy
And our Washington congressmen are always doing stuff that annoy
The movies keep coming out with the same old stuff but worse
And we are still living and dying with the Covid-19 curse

And Life Goes On

Ukraine keep fighting, it is a year and their costly war continues
The Fox news keep sharing their lies and backward points of view
Dealers keep selling the deadly guns and the Killings go on and on
And now they are sailing huge balloons over us and beyond

And life goes on

The earthquakes in Turkey and Syria have been devastating
The inflation scares now seems to be abating
Jobs are up and wages seem up, but that is not enough
The guy on the street is still saying, things are still tough

Life Goes On by Arnie Escourt continued

And we need to make life safer

And we need to teach the younger generation how life should go on
Advancements happen, when we use our brains and goodwill not brawn
We folks need to keep society focused on what is decent and true

Concepts like; goodness, friendship, generosity, and love is what we each of us should try to do!



Fear and Worries are not for You

By Arnie Escourt

Worry, worry, worry is not healthy for me or you
And most of the time, your fears do not come true
Hardly any of your worst expectations will end up askew
And we do not need to feel depressed, sad or blue

We each have some worries and concerns, it is true
But we should not let them interfere with activities we desire to do
Anyone can imagine all sorts of problems and bad results
And no one wants to deal with nastiness or insults

Fear and Worries are not for You by Arnie Escourt continued

But friends, parties, and happy family events
Should not be avoided because of fear and torment
Your unwise worries can throw a wrench into any good plan
But we need to be strong and realistic and do the best we can

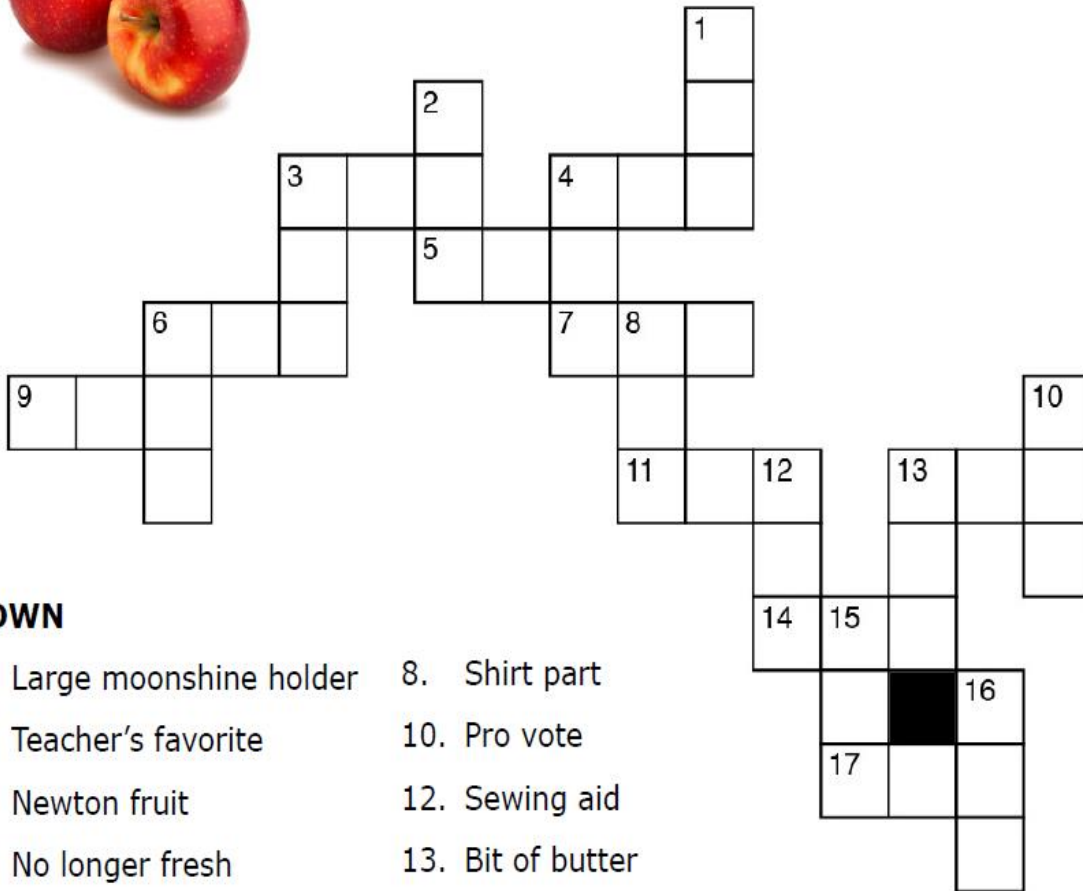
No one should have to cry into their noodle soup
We ought not let irrelevant fears and qualms throw us for a loop
There is so many activities to live for, seek and discover
You need to find the inner, strong you, to enjoy and recover

Or like a child, hiding in bed under the heavy cover is a bad bet
Only trying very hard to be strong will give you what you prefer to get
Where would we be if old Chris Columbus didn't take a chance
What would life be like without a little mystery or some romance

We all need to stop our worrying and control our fears
Let go of all your mental roadblocks and dry all those frightened tears
We need the will to complete whatever you desire to do
Build your will power and to your inner self be true

The Big Three

Use the clues to fill in the crossword.
All of the answers are three-letter words.



ACROSS

- 3. Service charge
- 4. Large
- 5. Herbal brew
- 6. Cabin component
- 7. River barrier
- 9. Animal park
- 11. Atlas page
- 13. Dessert choice
- 14. Tennis court divider
- 17. Gal's date

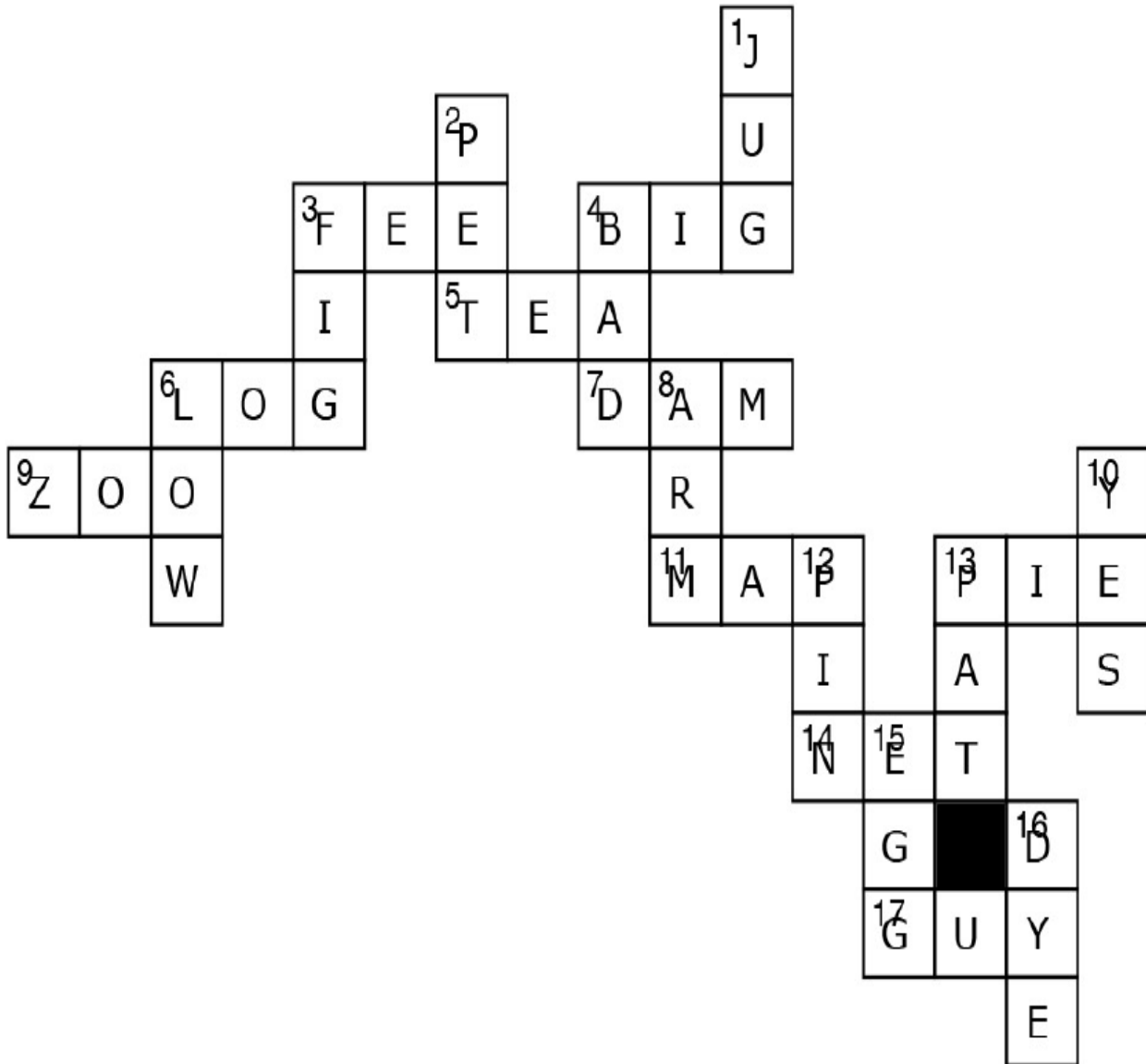
DOWN

- 1. Large moonshine holder
- 2. Teacher's favorite
- 3. Newton fruit
- 4. No longer fresh
- 6. The opposite of high
- 8. Shirt part
- 10. Pro vote
- 12. Sewing aid
- 13. Bit of butter
- 15. Breakfast food
- 16. Hair coloring



The Big Three

(solution)



MAIL ISSUES

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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