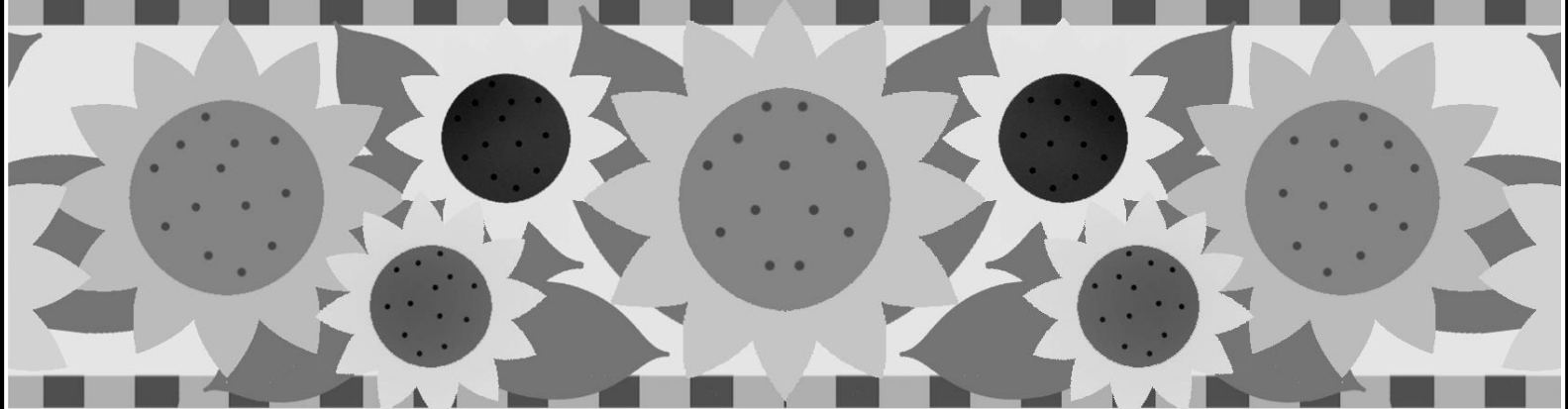


THE RUNNER



“The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning.”

~ Natalie Babbitt, Tuck Everlasting

ALL ABOUT AUGUST

August was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. But legend has it that the Roman senate wanted the month to be named after Augustus and wanted it to have as many days as July, which was named after Julius. Therefore, one day was taken from the month of February and added to August.

BIRTHSTONE – PERIDOT

Peridot is a green gemstone. Because it is often mistaken for an emerald, it is also known as “the poor man’s emerald.” The gem is unique in that it is one of the few gems that is found in only one color. The intensity of peridot’s greenish hue can vary slightly, however, depending on how much iron it contains. Aside from being the birthstone for August, the peridot is also valued as the national gemstone of Egypt. In fact, some scholars believe that the emeralds worn by Cleopatra were actually peridots.

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ALL ABOUT AUGUST

FLOWER – GLADIOLUS

Gladioluses represent strength and moral integrity—not surprising when you consider that its name comes from the Latin word for “sword,” gladius. But while its sword-shaped stems might convey Roman gladiators, its romantic looking flowers are capable of piercing a heart with their beauty. Because of this, the gladiolus has come to symbolize infatuation. Although gladioluses are beautiful in the garden, their chief value is for cut flowers. Their wide range of colors, sizes, and flower types makes them particularly useful for flower arrangements.

FAMOUS BIRTHDAYS

Herman Melville (author) – Aug 1, 1819
Tony Bennett (singer) – Aug 3, 1926
Lucille Ball (comedienne) – Aug 6, 1911
Dustin Hoffman (actor) – Aug 8, 1937
Alex Haley (author) – Aug 11, 1921
Danielle Steel (author) – Aug 14, 1947
Julia Child (chef) – Aug 15, 1912
Madonna (entertainer) – Aug 16, 1958
Connie Chung (journalist) – Aug 20, 1946
Gene Kelly (actor) – Aug 23, 1912
Buddy Hackett (comedian) – Aug 31, 1924

AUGUST BIRTHDAYS

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos’ social natures also make them excellent friends. Those born between August 23–31 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders

BIRD OF THE MONTH

KINGFISHER



What eats mummichogs and sticklebacks (both small fish), burrows in landfills, road cuts, and construction sites, and has flown the earth for at least 600,000 years with fossils to prove it? The belted kingfisher. Different species of these small, squat birds with big, sturdy heads and dagger like bills are found on every continent except for Antarctica.

Scientists know relatively little about kingfishers. One anomaly is that female belted kingfishers are more colorful than their male counterparts, which is unusual in the bird world. Both are gray and blue, but the females also have a bright rusty-red “belt.” Another interesting fact is that male and female kingfishers take turns incubating eggs and feeding their babies. Despite their stocky build, kingfishers are fast flyers. They spend their time hunting fish in rivers and estuaries. Belted kingfishers divebomb their prey from perches on trees and sometimes telephone poles.

LUCKY THIS MONTH

Lucky Color: Yellow
Lucky Numbers: 5 and 7
Lucky Letters: A and T
Lucky Plant: Sunflower
Lucky Days: Sunday and Friday



ZODIACS

Leo (The Lion) August 1-22
Virgo (The Virgin) August 23-31

ALL ABOUT AUGUST

LINCOLN'S PENNY

On August 2, 1909, the very first Lincoln cents were put into circulation by the U.S. Mint. Before 1909, a president's visage had never appeared on a coin. In January of 1909, the Mint approached artist Victor David Brenner to design a coin depicting President Abraham Lincoln to commemorate the centennial anniversary of Lincoln's birth. Two years earlier, Brenner had completed a plaque of Lincoln in profile for the Gorham Manufacturing Company; it was this plaque that became the design for the Lincoln cent, with Brenner imprinting his initials VDB on the reverse. When the cent was released, Treasury facilities were mobbed by those seeking the new pennies. Just one week after the minting, production of the pennies was halted to remove the VDB initials on the reverse, making the original VDB pennies invaluable collector items.



THE FAIREST OF THEM ALL

By the month of August, summer is in full swing, and nothing says summer like the state fair. With live music, animals, wacky inventions, crazy competitions, carnival rides, and a fascinating assortment of deep fried foods, state fairs offer the ultimate Americana experience for Americans and foreign visitors alike.

The oldest state fair in America is the Great New York State Fair. Although the first fair did not take place until 1841, its story began in 1832 when a group of farmers formed the New York State Agricultural Society. The group tasked itself with innovating and sharing agricultural practices for New York's farmers. In 1841, the Society held its first ever state fair in Syracuse to showcase the bounty of New York's farms. It is estimated that 15,000 people gathered for the fair, where they heard speeches, viewed livestock, sampled fresh produce, and cheered on the contestants of a plowing contest. This first state fair was not much different from the Great New York State Fair of today, which is still held in Syracuse.

New York's state fair may have been the first, but these grand events are found in almost every state of the union, and each fair boasts the unique flavor of its home state. The Kentucky State Fair is known for its World Championship Horse Show, a prestigious competition that has been held since 1902. Every year, the Iowa State Fair boasts a cow sculpted entirely of butter; the first was carved by J.K. Daniels in 1911 and the tradition continues today. Additional butter sculptures have also included Elvis Presley, John Wayne, and the Last Supper. Washington's state fair, known locally as the Puyallup, ranks as one of the biggest in the world.

Speaking of unique flavors, one of the best parts of every fair is the food. Traditional fair fare includes everything from Fisher scones dipped in honey butter and jam, to deep-fried butter, to corn dogs. All across America, there is a state fair to suit every taste.

EXECUTIVE DIRECTOR'S EDITION



This month I would like to highlight an article written by Paul's Run Dietician Stephanie Kowalski.

THE SEASON FOR HYDRATING

Staying well hydrated is extremely important for everyone, especially for older adults. As the body ages, lean body mass decreases, which means the body's water content drops. Older adults also experience a loss in thirst sensation making it difficult to realize when they are thirsty. Many medications commonly taken by older adults increase the amount of water output from the body. These and many other factors increase the risk of dehydration in the elderly populations. Common symptoms of dehydration are: Thirst, Decreased Urine Output or Dark Colored Urine, Feeling Extremely Tired or Sluggish,

Headache, Dizziness, Weakness, Dry Mouth, Confusion, Heart Palpitations and Fainting. If you or someone you know is experiencing any of these signs or symptoms get medical help immediately.

In order to prevent dehydration and maintain adequate hydration levels it is recommended that the average woman drink 8-9 (8 ounce) cups of fluid per day and the average man drink 11-15 (8 ounce) cups of fluid per day, unless otherwise instructed by a doctor. Most beverages can help count towards a person's fluid needs; however, water is ideal for the body's functions and provides the most benefits. Some benefits of drinking enough water include: improved energy levels, improved skin integrity, prevention of constipation, and flushing out waste and bacteria from the body. Some good tips to help yourself stay hydrated are: invest in a reusable and portable drink container, add fruits or a splash of juice to water to make it taste better, suck on ice cubes throughout the day, include foods high in water in your diet, such as soups, ice cream, gelatin, fruits and vegetables.

Bill Hines

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CHAPLAIN'S CORNER

There are a lot of things to love about providing Spiritual Care to residents, staff and families at Paul's Run. There are the relationships being built and stories being told as we live day after day in community. As we sit and talk, gather in groups for discussion, pray together at worship and get to know one another the chaplains have realized that the life we share is both beautiful and blessed. The joy that we experience and witness in our community is truly amazing. One of the unique things about providing spiritual care at Paul's Run is that we not only worship and serve together but we truly live together in peace and joy. In this community we have a common mission and shared sense of what it is to meet the spiritual needs of one another, to live in faith, love and friendship with one another. The more we witness the more grateful we become for the opportunity to learn from, grow in faith and serve alongside such compassionate people. Thank you for all you do to make our community beautiful and blessed!

The Chaplains

WORSHIP SCHEDULE

Daily Prayer at 8:40am and 3:45 pm Mon-Fri, Chapel

Daily Mass at 9:00am Mon-Fri, Chapel; 9:30am on Sat, Aud

Prayers for Peace every Wednesday at 12:00pm, Chapel

Interfaith Worship Thursday at 2:00pm in Personal Care and 2:45pm in Health Care

Shabbat Service every Friday at 2:45 and 7:00pm.

Sunday Ecumenical Worship Service at 10:45am, Chapel; Communion 1st Sunday of the month

COMMUNITY ANNOUNCEMENTS

PAUL'S RUN GRATEFULLY ACKNOWLEDGES
THE FOLLOWING TRIBUTE GIFTS



IN MEMORY OF:

Abraham Bonderow

By: Ms. Nina Bonderow

Berta Bonderow

By: Ms. Nina Bonderow

IN HONOR OF:

Eleanor Cassidy

By: Ms. Ethy Gross

IN HONOR OF:

Libby Goldstein

By:

Mrs. Frances Gold

Mr. Norman M. Schwerin

Mrs. Edith Silverstein

Mrs. Marlene Winitz

Ms. Carol A. Marke

GENERAL STORE HAPPENINGS



**RITA'S WATER ICE IS BACK IN THE
GENERAL STORE!**



**DON'T FORGET TO GET YOUR
PRETZELS ON WEDNESDAYS & DOUGHNUTS ON FRIDAYS**



PRODUCE SALES

AUGUST 8TH

&

AUGUST 22ND

COMMUNITY ANNOUNCEMENTS



LIBERTY NEWS



SKIN CANCER AND SUN SAFETY

Skin cancer is the most common form of cancer. Most cases occur in those ages 50 and older. Protect yourself and be alert to changes in your skin that can signal problems. If caught early, skin cancer is highly treatable.

Use a full-length mirror and hand-held mirror to get familiar with moles and other skin marks on your body. Check everywhere, including your scalp. Part your hair to get a better look. Perform this self-exam every month. Report any changes or irregularities to your doctor. Be alert for:

- A reddish patch of skin that doesn't go away after three weeks.
- Any sore that doesn't heal after three weeks
- A scar-like patch of skin that looks yellowish and/or waxy.
- A smooth growth with a raised rim.
- A mole that changes in size, color, texture, shape, or sensation

Your doctor should perform a skin cancer check at your regular exam.

Sun Safety Checklist

- Limit your exposure to the sun. Stay indoors or in the shade if possible from 10a. to 4p.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed areas of skin, on both sunny and cloudy days. Apply 30 minutes before going out. Reapply every two hours, as well as after swimming or sweating heavily.
- Wear sun-protective clothing and a wide-brimmed hat
- Check with your doctor to find out if any medications you are taking make you more sensitive to the sun.

24/7 Liberty at Home Phone Number: 844-651-5111

OUR SUMMER PRODUCE SALES HAVE BEGUN

ENTER TO WIN A COUPON WORTH \$1.00 OFF YOUR PRODUCE PURCHASE

NAME: _____

APT NUMBER: _____

ENTRY BOX WILL BE LOCATED BY THE BEAUTY SALON

COMMUNITY ANNOUNCEMENTS

AUGUST EVENTS



8/1 AC MOORE, MARSHALL'S AND DOLLAR
GENERAL

8/2 KELLY'S SEAFOOD

8/8 WAL-MART

8/9 LUNCH AND LEARN

8/9 PERKINS AND MOVIES

8/15 STEINMART, PETSMART, ROSS AND BED
BATH AND BEYOND

8/16 MICHAEL ANGELO

8/21 BIRTHDAY DINNER

8/22 TARGET, JOANNE FABRIC & DOLLAR STORE

8/23 MISSION BBQ

8/29 BUCKINGHAM WINEY

8/30 PARX CASINO



The residents from the health care community got new Alexa Echo smart speakers. Alexa can be used to play music, answer questions, and listen to books on tape and podcasts. Both the residents and staff are excited to use them!



COMMUNITY ANNOUNCEMENTS

ALOHA FROM PERSONAL CARE!

Residents and staff from Personal Care celebrated the summer heat with a Luau dinner. Hawaiian music and sounds played in the background while residents enjoyed delicious drinks and food. Residents wore colorful leis and staff also dressed up in hula skirts and flower crowns.



HELP WITH OUR MOSAIC MURAL

TUESDAY & THURSDAY
10:30-12:00 & 1:00-2:30
SIGN UP IN THE LIBRARY



MONTHLY ARTICLES

"REBEL ROSE"

BY MARGARET ATKINSON

I have chosen to highlight Rose O'Neal Greenhow, or "Wild or Rebel Rose" as she was sometimes called, was a successful and celebrated Confederate spy during the American Civil War. Rose was truly one of the most incredible Civil War women.

ROSE O'NEAL GREENHOW- "REBEL ROSE" CONFEDERATE SPY



Rose O'Neal Greenhow was born in Port Tobacco, Maryland in 1817 on the family farm. When a teenager she moved to Washington, D.C. and lived with an aunt in her fashionable boarding home. Beautiful, ambitious, and seductive, she fit in with the social scene and was pursued by many suitors, eventually marrying Dr. Robert Greenhow. He was an influential and learned man who helped to broaden her horizons.

Their first three offspring were daughters, after which she bore three more children who did not survive infancy, finally having another daughter Rose. Unfortunately shortly after Rose's birth, Dr. Greenhow died suddenly.

As a well-to-do widow, Rose continued to live in a fine home in Washington, entertaining many of the movers and shakers of the time. She was acquainted with President James Buchanan, was a very close friend of John C. Calhoun, and routinely had military officers and government officials attending her parties. Influenced by John Calhoun, her loyalty to the south grew and she organized an espionage ring in 1861, feeling she could use the information she overheard in her home to aid the South. At the beginning of hostilities, she sent Gen. G.P.T. Beauregard messages containing information that President Jefferson Davis felt enabled the South to defeat the Union forces at Bull Run.

Suspicion began to grow in the Capitol as to where the secret military plans were coming from that were being sent to the South and her activities came under intense surveillance. Allen Pinkerton, head of the newly formed Secret Service, began to watch the house. In April 1861, he arrested her, searched her home for documents and had her sent to the Old Capitol prison. She was permitted to take eight year old "Little Rose" with her. While in prison, she and her daughter were photographed by Matthew Brady.

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MONTHLY ARTICLES

“REBEL ROSE” CONTINUED

BY MARGARET ATKINSON

Not to be deterred by this turn of events, Rose continued to send any information that her ring could bring her, at one point placing a note in a woman's bun of hair. She also devised a code whereby co-conspirators would walk by her prison window and get messages through her arrangement of the blinds or how many candles were in the window. On one occasion, a Confederate flag was smuggled in to her and she hung it out of the window, thoroughly exasperating the prison officials. She was brought to trial and sentenced to be deported to Richmond where she was greeted with cheers as a heroine.

Jefferson Davis decided to send Rose to Europe to collect diplomatic intelligence. As some of the European countries were sympathetic to the Confederate cause, she was received by Queen Victoria and her court and Napoleon III in France. She also used her time there to raise funds for the Confederacy and to write her memoirs.

In 1864 she was recalled by President Davis to bring back some needed dispatches and sailed on the Confederate Blockade runner the “Condor”. It was forced aground on October 1, 1864 by a Union ship off Wilmington, North Carolina. Fearing another prison sentence, Rose and two companions got into a lifeboat to try to escape capture, but stormy seas caused it to capsize. Rose was carrying \$2000 in gold in a bag hung around her neck, this heavy bag weighing her down and causing her to drown. Her body was recovered when it washed up on shore and she was buried in Wilmington with honors. To this very day, annual ceremonies are held at her graveside to honor her contributions to the Confederate cause.

(Note-The National Archives has digitized and placed in the Archival Research Catalog (ARS) 175 documents seized from her home in 1861. The Internet has over 150 searches where information on her life is given).

AUGUST 2019

BY MARGARET ATKINSON

THE MONTH OF AUGUST

A month of changes that causes some of us a sense of sadness and in others an expectation of changes in their lives. We encounter the end of vacation time at the beach, mountains, or visits to other states to relatives and friends, and wish it was not over for this year.

However it can be a challenging time for our young people as they prepare to enter institutions of higher learning or begin a job training program. They may not have good jobs to go to, but even being a helper sweeping a store is a change in their routine. For those fortunate enough to be entering college, there are supplies to purchase, furniture to gather, new roommates to meet, and regulations to learn. Compared to bygone years, budgets have to be carefully made up to meet the vastly increased cost of all the foregoing. However, sometimes financial aid is available through grants or loans. In past years most schools did not start until Labor Day. Now family vacations have to be scheduled to accommodate earlier openings.

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MONTHLY ARTICLES

AUGUST 2019 CONTINUED

BY MARGARET ATKINSON

The days I chose to highlight this month are as follows:

Aug 2nd- NATIONAL ICE CREAM SANDWICH DAY- tasty delight!

Aug 4th-U. S. COAST GUARD- The oldest organization in the Federal Government, charged by George Washington in 1790 who assigned 10 seagoing vessels called Cutters to enforce tariffs and prevent smuggling. The Coast Guard have served in every one of our conflicts and became known as the Revenue Cutter Service which greatly expanded its' service as the nation grew. In 1915 it was officially renamed the Coast Guard making it our maritime service that saves lives and enforces our laws on a wide area of the seas. In 1946 Congress put marine licensing and merchant vessel safety under its control. In 2003 it was transferred to the Department of Homeland Security. Today it patrols 100,000 miles of coast and waterways under the Department of the Navy often rescuing persons in problems with their crafts.

Aug 9th-BOOK LOVERS DAY-Here at Paul's Run we are fortunate to have an excellent library operating under the guidance of the Library Committee.. After years of running a home and working doing medical billing in a nursing home, I finally have the time to lose myself in a book. I personally take out two books every Friday, particularly enjoying murder mysteries.

Aug 11th-SON AND DAUGHTER DAY-What a pleasure to gather in conversation with our young people, whether they are our own children or friends or other relations. My experience with my three very grown up children is that as they talk one finds out aspects of situations that happened long ago where we were totally unaware of what they were doing! Most of the time when these subjects arise, it gives everyone a good laugh.

Aug 12th-V.J. DAY-Japan surrendered unconditionally ending World War II under the terms of the Potsdam Declaration taking place on the U.S.S. Missouri in Tokyo Bay with General Douglas MacArthur representing the United States and several high ranking officials in Japan signing for the Japanese. This ended the many years of war in the Pacific Theater begun when Japan attacked Pearl Harbor on December 7, 1941 followed the next day by Hitler declaring war on the U. S.

The joy generated by this event was worldwide. I had just graduated from High School and several of the other teenagers and I in our church youth group went down to Market Street on the west side of City Hall. We were all dancing in the streets and sidewalks and hugging everyone in a very innocent manner. After so many years of depressing news, the relief felt by all was enormous. A famous photo was taken in New York City in Times Square of a sailor kissing a girl in celebration. For many years attempts were made to discover their names. I recall reading several years ago that the sailor, by then a senior citizen, revealed his name. Our entire time in High School was affected by the war, we would hear of friends or acquaintances who were injured or killed, everyone who had a member of the family in the service hung small placards in their front door with a star on it, if the serviceman had been killed, it would have a gold star on it. We had practice air raid drills, helped set up food ration books to be distributed to the public and could not have a class trip as travel was not permitted for such outings.

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MONTHLY ARTICLES

AUGUST 2019 CONTINUED

BY MARGARET ATKINSON

I was fortunate that a boy from my church youth group agreed to go to the prom with me, many could not get dates because the boys were away. His father saved some gas ration stamps allowing him to use their car. We piled three other couples in the car to go to the dance and afterward drove to 69th street to find a hamburger outlet for a snack, then went home. Rather different from today when the after prom activities can include parties or trips to the shore!

I fervently pray, as I am certain all of you do too, that our world leaders will observe extreme caution in making any use of atomic weaponry and safeguard the lives of our grandchildren and great grandchildren and all future generations.

Aug 26th- WOMEN'S EQUALITY DAY - Commemorates the day of passage of the 19th Amendment to the U. S. Constitution by joint resolution of Congress in 1971. There is a movement to have it declared a federal holiday. On this date many groups follow a teaching guide which suggests activities and videos that highlight the contributions of women.

JOKE PAGE

BY MARGARET ATKINSON

One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift. The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!" And that's how the fight started

My wife sat down next to me as I was flipping channels. She asked, "What's on TV?" I said, "Dust." And then the fight started.

My wife was hinting about what she wanted for our forthcoming anniversary. She said, "I want something shiny that goes from 0 to 225 in about 2 seconds." I bought her bathroom scales. And then the fight started.

A TEST FOR 'OLDER' KIDS

BY MARGARET ATKINSON

THIS MAY BE HARDER THAN YOU MAY THINK. THE ANSWERS WILL BE ON THE TIP OF YOUR TONGUE, BUT YOU JUST CAN'T QUITE REMEMBER THE CORRECT ANSWER DON'T LOOK BELOW FOR THE ANSWERS UNTIL YOU HAVE TRIED TO FIGURE IT OUT.

1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind? _____.
2. When the Beatles first came to the U.S. In early 1964, we all watched them on The _____ Show.
3. 'The story you are about to see is true. The names have been changed to _____.'
4. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
5. Satchmo was America's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____.

ANSWERS:

1.The Lone Ranger left behind a silver bullet. 2. The Ed Sullivan Show 3.To protect the innocent. 4. The limbo 5. Louis Armstrong

MONTHLY ARTICLES

BLUE AND WITHOUT ONE SHOE BY ARNOLD ESCOURT

No one else can know the depth
of my joy or sorrow.

So high, so heavy, so sad.
Truth is still the direction to
follow.

Things are never just good or
bad.

Cherishing those moments of
happiness,
The talents we have in our soul.
The force, the power that
belongs only to us
Leading our brain and our heart
to the elusive goal.

Basking in the warmth of
memory.

Not knowing how it ended and
forgetting how it began.

Caressing the past with equal
doses of what could be.

Aware that we can, we must, we
really can.

Whistle into the wind, turn up
the frown.

Keep a smile on our cheek
Not letting nonsense get us
down!

True tears mean we are human
not weak.

In our heads and hearts we
know what to do
The letters to write, the calls to
make.

“Where did I put my other
shoe?”

The doctors to see, the pills to
take.



YEARNINGS BY ARNOLD ESCOURT

I suppose I am naive and getting a bit slow
But, I am disappointed with this world I know.

We have clouds of hate and storms of war
And who knows what tomorrow's news has in store?

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

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

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

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

Their promises for greatness have gone astray
The news from Washington gets worse every day.
Some change is good and many are not
We have to re-read our Constitution that so many have forgot.

The leaders of the world allow terrible waste and pollution.
All that business leaders care about is profit and ignore
destitution.

The poor are getting poorer and our middle class is slipping
away

Our future looks like another hot, rainy or nasty day!

MONTHLY ARTICLES

NO ONE

BY ARNOLD ESCOURT

No one sees what I can see.

No one can hear what I hear in my head.

No one else can be what I can be.

All the dreams are mine, when I go to bed.

No one else carries the burdens I bear.

Who else knows what happened to me?

Problems I need to dump, some I need to share.

I try hard, I worry, I wait and see.

What is this anxiety, what is this pain?

I can face it, I just can't flee.

If I use an umbrella for the rain.

I can be whatever I need to be.

I can do what I need to do,

I'll never quit.

What I want is right and true,

In time I will master it!



THINKER, THINKER

BY ARNOLD ESCOURT

Thinker, thinker help me please.

Bring me answers, give me ease.

When can I quit, or rest, or cry?

Who will care, if I moan or sigh?

When will I really know wrong from right?

And be wise enough not to argue or fight?

Should I be sure or should I hurry?

Can I dream or should I worry?

Thinker, thinker, in what direction should I go?

I try so hard, but I don't really know.

Do I dare take a chance this way or that?

When do I advance, when do I stand pat?

Should I strive for happiness or wealth?

Or seek education, or good health?

What should I do, if a baby cries?

Or when I am afraid, or someone lies?

Thinker, thinker, what is rich, what is poor?

How much is enough, how much is more?

What's important, what is free?

How will I know what is going to be?



ABOUT LIBERTY

BY JACK BIRNBAUM

What, I ask is most precious about liberty? Why, I answer it's my right of opinion
Not greater than anyone's, they or I can it hold, and express it, be I King or minion

It is more than a golden rule; it was the very first rule added onto our Constitution

I believe further, political opinion is the very lifeblood of a democratic institution

And as such it should be central not only in debate, but a part of our conversation

To do less I believe, infringes on my right or anyone's right to freedom of speech

We, each individual, should respect an expression with empathy in heal of a breach

I believe that we Americans should have a forum to resolve or to honor difference

Democracy embraces difference, honors majority, protecting a minorities essence

Our traditions have extolled what is what we have in common, accepting diversity

Our nation became great by adapting, becoming an Italian-American, as our face

Most Americans know a Black-American or Jewish-American belong in our place

Can't Democratic-Americans, Republican-Americans meet to discuss face to face?

I believe in use of freedom of speech to restore political discussion back into grace

Let us together commit to honor each other with equal stature firmly fixed in place

MONTHLY ARTICLES

AN OUTRAGE

BY JACK BIRNBAUM

Sunday June 2, 2019 in the Enquirer Mark Thiessen penned an outrage
In his column negating our revolution by urging censorship on his page
Entitled "Mueller should have kept quiet" denial of a free speech right
What Mueller said in his statement was, read the report, take it by sight
The report I and this column read, saw different messages from its light
As in "unprecedented cooperation" in the reports evidence was not, fact
A presumption of innocence is open to question, not determined by fax
Constitutional responsibilities, protected by oath sworn by each President
As oversight a process to develop facts to be applied using precedence
A witness in oversight should verify statements be they written or other
Statements made for a witness are not fact without a verification to cover
Barr asked of Mueller if sans a DOJ policy would he charge obstruction?
In his conclusion he did not, but that he added "also does not exonerate Him"
Barr read a first part of the conclusion, but not the full Mueller construction
It was now Barr's conclusion that he was exonerated, was it based on whim?
The report stated not sufficient evidence for the charges of being a conspiracy
There was evidence of Russian bias for Trump much contact twixt the entities
The report found intrusion in our election, a need for review, being necessary
The Mueller report is roadmap defining a foreign intrusion of our 2016 election
The report points out factional disputes requiring revue, oversight's direction
The greatest outrage being the presumption of innocence and the rule of law
Two core concepts with which this president, has by his actions, been at war
In his campaign and after election POTUS assigned guilt to any that roused his ire
He did so with President Obama, the Clintons, John McCain, now Robert Mueller
In all these incidents he denied this presumption now claimed as being his colors
Strangely he is entitled this through an oversight inquiry as are other mendacities
His oath to defend the Constitution and rule of law, not visible in a forest of trees
As he disdains separation of power, freedom of speech and press and other niceties
Beyond all this lies the biggest question, is Mr. Trump the face of our democracy?
Does our nation long endure, are our unalienable rights secure against autocracy?
The answer to these questions will be in the voter's hands in an upcoming election
It behooves us to search mind and spirit for the best answers with your, selection

ANOTHER LOOK AT LIFE

BY JACK BIRNBAUM

You know when I retired, I really didn't have a good idea of what I could expect
For one thing I didn't realize that in life stuff will happen, that I could not project
To begin much to my surprise, I didn't retire at sixty-five, the timing wasn't right
I wasn't ready, Rhoda my wife was still at work and our funding plan was not tight
But at sixty-nine all seemed like a go, then complexity made a change of direction
I wanted New York, Rhoda, to be near our newly married son, Philly, her selection

CONTINUED PAGE 18

MONTHLY ARTICLES

ANOTHER LOOK AT LIFE CONTINUED

BY JACK BIRNBAUM

So, as often in marriage we compromised, I stayed in N, Y, she to Philly, did move
After six months of visits and moans we agreed being together was too, our groove

So, in a garden apartment my dog, Sally and I joined Rhoda at home in Elkins Park
And for the ten years retirement was a gas, Rhoda was a volunteer at the hospital
She had oodles of friends, I went to gym each day to stay fit walking Sally, my pal
We spent time with family, & friends, kept up with news I began a movie collection

We both Rhoda and I were healthy and well, we'd motor to New York to revisit

Had trips with family each year to visiting New England and California for a bit
We ate out a lot, watched our kids mature their families now begging to bear fruit
Now seeing those toddlers develop into little people call me Grandpa, was a hoot
These golden years were now approaching a new vista, age being the new master

In 2007 I had stomach arterial surgery and the toes on my right foot, amputated
Although I had a prosthetic device in my shoe, outside of a limp my gait, unabated
And outside of some weeks of skilled nursing and hospitalization. I was not lame
My balance was less certain and I made use of a cane which made me feel urbane
A bigger change in our life came three years later as Rhoda's face became numb
Not much later we knew age had arrived felling Rhoda, a serious stroke had come

With it came the reality of a new look at life in retirement had forced its way on us
Rhoda, and I, realized the need for support and community would be a needed plus
As she rehabbed, I found Paul's Run met those needs and then promised even more
She transferred into rehab, I took residence, along with our new dog name of Oscar
Three weeks later Rhoda moved in and we three became an entity in our new home
It sparked a love affair twixt staff, residents and of programs and we, for 3 ½ years
I began showing movies, Rhoda's needs met, and friendships treasures always near
Fate decreed the loss of Oscar, then sweet Rhoda stripping from me both my dears

A new phase of retirement, I was not alone, I had friends and Paul's Run was home

I added a dog Charlie, wrote more poetry, book reading invaded my interest zone
Entering my nineties my energy was less, and too much activity became a duress
And as I noticed physically my pace had slowed, I had to begin to do so much less
So as much as I loved Charlie, I saw he needed more, I arranged for his readoption
And after seven years of showing movies at Paul's Run, now, came a termination

As on retirement, I still am not sure of the future or even if a future, time will bring

I have learned two things are certain one, we'll be older, & two we'll do our thing

A FAMILY PICNIC

BY JACK BIRNBAUM

It's Wed. June 12, a special day, sunshine, Paul's Run, ready to play
The booths & tents festooned and ready the band is tuned, on its way
The cars are gone the foods a cooking, anticipating eating & fun to be
It's a yearly extravaganza for residents, staff, assorted pets and family

CONTINUED PAGE 19

MONTHLY ARTICLES

A FAMILY PICNIC CONTINUED

BY JACK BIRNBAUM

You smell the burghers sizzling on the griddle. brown beans in the pot
See the potato salad and Cole slaw in ice, hurry get the franks still hot
And don't forget the chicken swathed in barbeque sauce uhm, so good
And remember to leave room to eat some ice cream, you really should
Last, you wash it down with soda or water unless you're made of wood

Now the picnic is in full swing, walkers, canes and chairs are in the mix
We have kids running, some adults dancing lots eating, some taking pix
There is the sound of laughter, an occasional scream of delight and joy
The dogs among us tails a wag giving a lick to one seated, a happy boy
Under the sound of music, the sound of conversations cordial and warm
Voices in song to the music, embraces, hugs and kisses much the norm

This picnic a poem of joy bringing together two parts, making it a world
We at Paul's Run the fount, family, friends a stream, a river, is unfurled
We bathe together in this river with a history of both love and with pride
It came about as we somehow found each other, became groom and bride
Our joy of reunion is what this picnic is about, it's about us being together
Its about dreams and hopes, our struggles to achieve in this blessed tether

AUGUST 2019 GRANDPA JACKS ALMANAC

THOUGHTS OF WIT AND WISDOM

POTUS concept of consensus: do it my way. or else.....

I guess Trump really meant when he said he won't be politically correct. He isn't.

Trump is really a law and order guy. Lock up government and throw the key away

A 700-mile wall could improve national fitness, we could all play handball at once

Instead of wall, why not a 2-mile-wide moat with sharks and a sign, no swimming

Or, we could erect a 25-foot-wide wall charging Mexicans to walk It, to pay the cost

Or we could ask Mexicans to donate to a Mexican-U S friendship fund to pay for it

According to Giuliani, no need for Mueller, there are no crimes Trump can commit

Think; George Washington never lied: Trump has over 8, 000 lies; are you crying?

First Khashoggi and then Kavanaugh doesn't POTUS have a great sense of humor?

Marc A, Thiessen writes interesting columns but his facts are in need of a tune up

POTUS says Cohen is afraid of truth. How would he know? He's never tried it

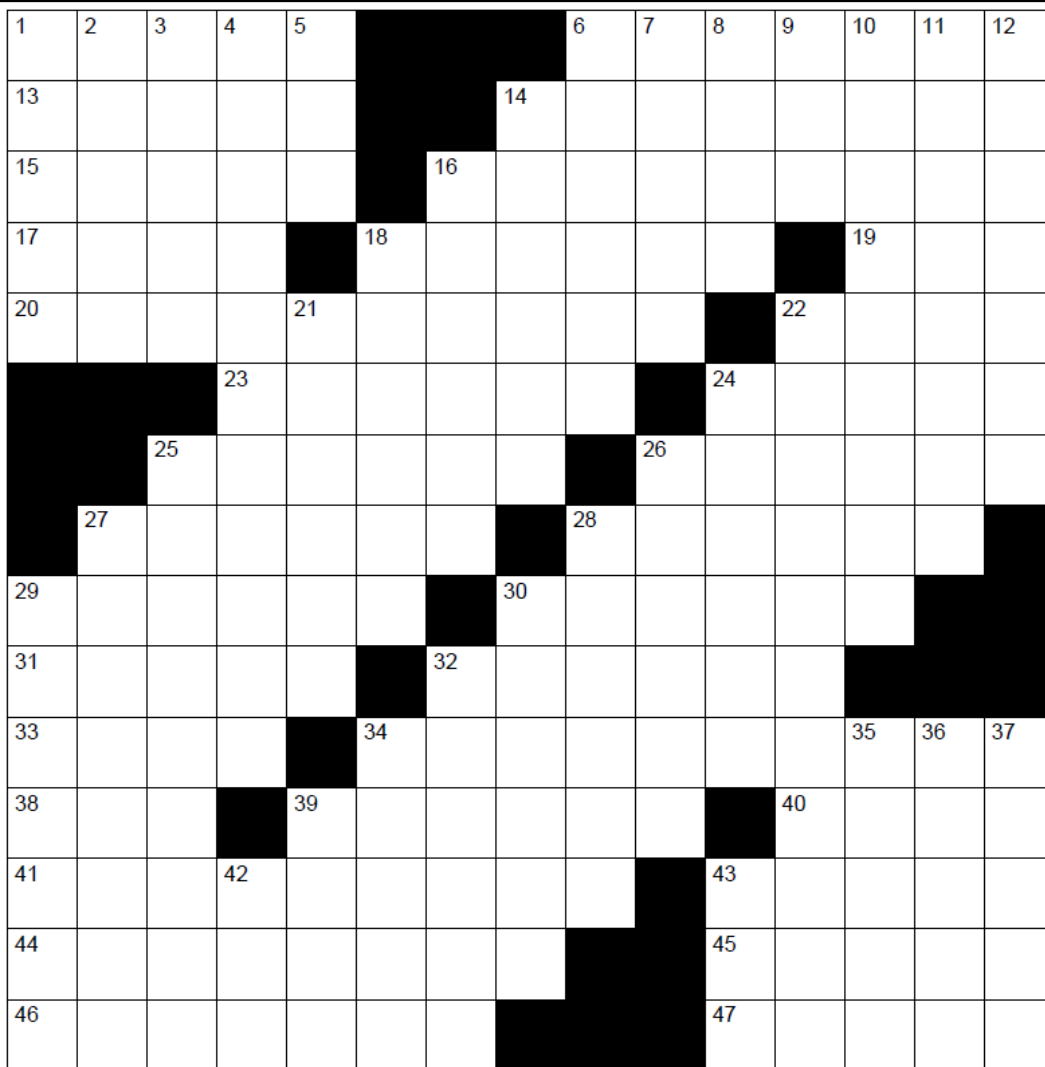
Mark Twain

1. Small people belittle ambition, great people make you feel you too, can be great
2. Don't say the world owes you a living, It owes nothing. It was here first
3. I did not attend his funeral, but I sent a nice letter saying I approved of it
4. God created war so that Americans could learn geography

George Washington

1. It is better to be alone than in bad company
2. If freedom of speech is taken, we dumb, silent will, as sheep to the slaughter
3. Be courteous to all, intimate with few, let the few be well tried ere, confidence
4. True friendship is of slow growth, must endure adversity and shock ere named

CROSSWORD OF THE MONTH



DOWN

1. Chinese menu phrase
2. "David Copperfield" name
3. Valentine's message, in Venice
4. Spit cookers
5. Pig ____ poke
6. Lombardi and Ford
7. 2004 candidate Ralph
8. Conks out
9. Ottawa's prov.
10. Got back
11. Aquarium frolicker
12. One who attempts
14. Took care of
16. Like blue cheese
18. Complained
21. City founded by Cadmus
22. Tower of London attraction
24. "____ with a Chance of Meatballs" (2009 film)
25. Stuff, basically
26. Copied genetically
27. Southernmost tip of South America
28. Exam marker
29. Go ____ (lose it)
30. Tolerated
32. Embellished, as a resume
34. Skedaddle
35. Truckers' rigs
36. Give a grand speech
37. Baja babies
39. Small dam
42. Start of element #75
43. Snicker syllable

ACROSS

1. ____-Grain cereal bars
6. Support, as a candidate
13. Hunter on high
14. Apprentices
15. Mazda model
16. Blood feuds
17. ____ Am (Dr. Seuss character)
18. Wish offerers
19. Famed lost colony (abbr.)
20. The Headless Horseman?
22. Part of a mileage rating
23. Excels
24. Mediterranean island
25. Oozed
26. Shamrock, for example
27. Checked
28. Stare angrily
29. Spoiled
30. ____-the-clock
31. Altar locales
32. Kids' sandwich, for short
33. Trawler equipment
34. Beheld
38. "That's it!"
39. Got hitched (to)
40. "Those ____ the Days"
41. Illiterate
43. Virile one
44. Stored, as records
45. Choice class
46. Gave a dirty look
47. Snaking curves

AUGUST'S CROSSWORD SOLUTION

1	2	3	4	5		6	7	8	9	10	11	12			
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29							30								
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46											47				
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WALK-INS

WELCOME

FRIENDLY REMINDER

Our lobby is so beautiful. Please be careful when eating or drinking in that area THANK YOU



THE GENERAL STORE HOURS OF OPERATION

MONDAY	10AM-4:30PM
TUESDAY	10AM-4:30PM
WEDNESDAY	10AM-4:30PM
THURSDAY	10AM-4:30PM
FRIDAY	10AM-4:30PM
SATURDAY	11AM-1PM
SUNDAY	11AM-1PM

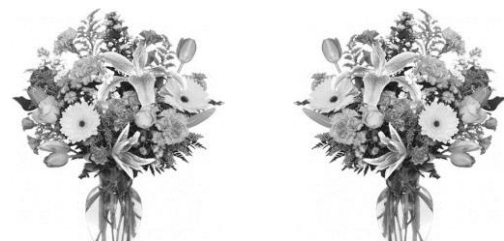


The Housekeeping Department is asking for your cooperation in maintaining a sanitary environment for all of our residents. Recently there have been complaints about residents leaving trash in the hallway instead of disposing of it properly in the trash rooms. We are asking that all trash be placed in the proper receptacles in the trash rooms located on each floor. Thank you for your cooperation.

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.



FLOWERS FOR THE CHAPEL

Each week, new flowers are delivered to the Chapel on Friday morning. The flowers are provided for worship in the Shabbat service on Friday night and the Christian service on Sunday morning. The flowers are often given in memory of loved ones or to celebrate other occasions. The \$25 charge is used to cover the cost of the flowers. There is a sign-up sheet on the main bulletin board by the dining room. Lee Levy or the Chaplain can answer your questions. Residents can sign up to sponsor flowers individually or as a group. Please feel free to sign up and join in to support this small beauty in the Chapel.