

## A Note From Our Administrator

We are listening. If you have a concern, please let us know right away. Our goal at Sterling is to address the concerns of our residents, families and visitors as quickly as possible. The fastest way to have a concern addressed is by asking to speak with the Unit Manager, who is in charge of running each nursing unit, or to speak with your Social Worker. Our Unit Managers and Social Workers will attempt to address your concern immediately, or will contact the Department Manager who can best address your concern without delay. If you are not satisfied that your concern has been addressed, please ask to speak with the Nursing Home Administrator or the Director of Nursing.

Our goal at Sterling is to address your concerns quickly and to your satisfaction whenever possible. Thank you.

### Vince Rupert

*Administrator,  
Sterling Healthcare & Rehabilitation Center*

## Our Department Leaders

- **Vincent Rupert**  
Administrator
- **Dr. Kathryn Beldowski**  
Medical Director
- **Teresa Samuels**  
Director of Nursing
- **Talema Harris**  
Admissions Director
- **Gina Mizvitowicz**  
Admission Liaison
- **Pat Cannizzaro**  
Business Office Manager
- **Ann Marie Cottman**  
Activity Director
- **Mandy Nace**  
Director of Social Services
- **Mark Johnston**  
Director of Rehab Services
- **Danielle Stewart**  
Director of Dining Services
- **James Alexander**  
Director of Maintenance
- **Terrance Cowans**  
Director of Housekeeping



John McGettigan building muscles



Marian Gilgallon (left) and Mary Edwards enjoying Pet Therapy with Bubbles, the rabbit



Mardi Gras - Gertrude Rutunno posing for the camera



Joanne Still petting Pals for Life dog, Uno

# April 2019 Activity Calendar

## Resident Birthdays

Bruce Bryan • 4/07  
John Dannuzio • 4/07  
Ruth Graham • 4/10  
Robert Voorhees • 4/12  
Gracious Outlaw • 4/16  
Edith Hart • 4/22  
Morel Stone • 4/22  
William Banks • 4/22  
Patrick McCauley • 4/23  
Elizabeth Walsh • 4/25  
Jullian Flowers • 4/25  
Tangra Allen • 4/28

## Staff Birthdays

April Coleman • 4/1  
Rugiatu Swarray • 4/3  
Falon Freeman • 4/7  
Dominique Ricks • 4/7  
Kenny Curry • 4/10  
Regina Shanahan • 4/14  
Dorothy White • 4/15  
Alfred Sesay • 4/16  
Candice Goll • 4/17  
Zainab Conteh • 4/20  
Kissimnee Wah • 4/20  
Cynthia Green • 4/27  
Josiah Wagana • 4/27  
Melissa Chea Annan • 4/28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Save the Date:</b></p> <p>4/9 Resident Council (2) 4/10 Calendar Committee (2) 4/11 Food Committee (2) 4/16 Wal-Mart Outing 4/19 Good Friday Service (2) 4/25 Atlantic City Poker (2) 4/30 Dollar Store Outing</p> 	<p>9:30 am-10:30 am <b>1</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Noodle Ball / Puzzles / Music (G) Facts or Foolery / Humor / Music (1) April Fools' Day Around the World (2) Parachute / Balloons / Music (3) 2:00 pm Baking / Reminiscent / Music (G) Practical Jokers / Music / Art (1) About April Fools' Day (2) Facts or Foolery (3) <i>All Fools Day</i></p>	<p>9:30 am-10:30 am <b>2</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Daily Chronicle / Lotto / Puzzles (G,3) Bingo / Art / Music (1) Manicures / Music / Discussion (2) 2:00 pm Can You Picture This? / Music (G) Practical Jokes Mining (1) Spiritual / Bible Study (2) Creative Corner / Music (3)</p>	<p>9:30 am-10:30 am <b>3</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Sing-a-Long / Picture View (G) Creative Corner and Music (1,3) Spiritual / Bible Study / Music (2) 2:00 pm Laundry Time / Music / Scents (G) Western Wednesday / Movie (1) Anagram / Word Search (2) Lotto / Puzzles / Music (3)</p>	<p>9:30 am-10:30 am <b>4</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Baby Love / Picture View (G) Maya Angelou's Birthday (1) The Art of Writing a Sonnet (2) Moonlight Serenade Day (3) 2:00 pm Bingo / Art (G) Ball Toss / Puzzles / Music (1) Science w / Gloria (2) Puzzles / Noodle Ball (3)</p>	<p>9:30 am-10:30 am <b>5</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Bean Bag Toss / Music (G) You Be The Judge (1) The Legacy of Edward R. Murrow (2) Helen Keller Breakthrough Day (3) 2:00 pm Volley Ball / Music (G) Indoor Sports / Music (1) Raffaele Entertains (2) Something Old / Discussion / Music (3)</p>	<p>10:30 am Noodle Ball / Music (G) Current Events (1,2) Puzzles / Music (3)</p> <p>11:00 am Abounding Grace Church (2)</p> <p>2:00 pm Movie (G,3) Discussion / Recall (1) Anagram (2)</p>
<p>9:30 am <b>7</b> Morning Worship (2)</p> <p>2:00 pm Church of the Nazarene</p> 	<p>9:30 am-10:30 am <b>8</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Shoe Fashions / Reminiscence (G) April IQ / Anagram / Puzzles (1,2) Picture View / Puzzles / Music (3) 2:00 pm Noodle Ball / Music / Art (G) Bingo / Puzzles / Movie (1) Favio Ranni Entertains (2) Volley Ball / Music (3)</p>	<p>9:30 am-10:30 am <b>9</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Bean Bag Toss / Music (G) Indoor Volley Ball / Puzzles (1,3) Anagram / Music (2) 2:00 pm Name That Tune / Puzzles (G) Noodle Ball / Music (1) Resident Council (2) Indoor Sports / Puzzles / Reading (3)</p>	<p>9:30 am-10:30 am <b>10</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Colors / Textures Sensory (G) Brain Fitness (1) Spiritual / Bible Study / Music (2) Bowling / Puzzles / Music (3) 2:00 pm Supermarket Reminiscence (G) Something Old / Music (1) Calendar Committee / Anagram (2) Hi Score Bean Bag Toss (3)</p>	<p>9:30 am-10:30 am <b>11</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Bingo / Lotto / Music / Puzzles (G,1,3) 11:00 am Food Committee (2) 2:00 pm Bingo / Music (G) Pokeno / Puzzles / Music (1) Baptist Church / Music (2) Ball Toss / Lotto / Music (3)</p>	<p>9:30 am-10:30 am <b>12</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Story Time / Discussion / Music (G) Mixed-Up Birds / Anagram (1) Remembering Springtime / Art (2,3) 2:00 pm Creative Corner / Puzzles / Music (G,3) Baking / Music / Aromas (1) Easy "ZZ" / Anagram (2)</p>	<p>10:30 am Dime Store Day (G,3) Daily Chronicle / Music (1,2)</p> <p>2:00 pm Resident's Choice (G,3) Lotto (1) Pokeno (2)</p>
<p>9:30 am <b>14</b> Morning Worship (2)</p> <p>2:00 pm Blue Church (2)</p>  <p>Palm Sunday</p>	<p>9:30 am-10:30 am <b>15</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Short Story / Discussion / Music (G) Who am I? / Discussion / Music (1,2) Easy Does It Trivia / Balloon Toss (3) 2:00 pm Name That Tune / Aroma (G) Bingo / Puzzles / Music (1,2) Lotto / Puzzles / Movie (3)</p>	<p>9:30 am-10:30 am <b>16</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Folding for Fun / Music / Art (G) Manicures / Music / Discussion (1) Scratch Art / Music (2) You Be The Judge (3) 2:00 pm Ball Toss / Art / Music (G) Anagram / Word Search / Music (1) What am I? / Trivia Discussion (2) Noodle Ball / Music / Puzzles (3)</p>	<p>9:30 am-10:30 am <b>17</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Noodle Ball / Music (G) Brain Fitness / Hangman (1,3) Spiritual / Bible Study (2) 2:00 pm Bingo / Puzzles (G) Bowling / Puzzles / Music (1) Star of the Month / Trivia / Discussion (2) Shopping For The Right Price (3)</p>	<p>9:30 am-10:30 am <b>18</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am When We Were Kids / Picture View (G) Anniversary of Paul Revere's Ride (1) Jeopardy Trivia / Puzzles / Music (2) History of Animal Crackers Day (3) 2:00 pm Noodle Ball / Pictures / Music (G) Bingo / Puzzles / Music (1) Spiritual / Mass (2) Ball Toss / Art / Music (3)</p>	<p>9:30 am-10:30 am <b>19</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Baby Love / Pictures / Aromas (G) Passover True or False (1) Passover Trivia, 4 Questions &amp; More (2) Bowling / Puzzles / Music (3) 2:00 pm Funny Bunnies Art (G,3) Egg-citing Potato Art (1,2) 6:30 pm Good Friday Service (2) <i>Good Friday</i></p>	<p>10:30am Springtime and Renew (G,3) Current Events (1,2)</p> <p>2:00 pm Movie Matinee (G,3) Creative Corner / Passover Crafts (1,2)</p>
<p>9:30 am <b>21</b> Morning Worship (2)</p> <p>2:00 pm Christ Christian Community Church (2)</p>  <p>Easter Sunday</p>	<p>9:30 am-10:30 am <b>22</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Laundry / Discussion / Music (G) The Passover (Pesach) Story / Music (1) What Tree am I? / Music (2) Story Time / Discussion / Music (3) 2:00 pm Celebrating Earth Day / Art (G,1) Mean, Green Mushrooms (2) Games / Music (3) <i>Earth Day</i></p>	<p>9:30 am-10:30 am <b>23</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Manicures / Music / Discussion (G) Easy Does It Trivia / Puzzles / Music (1) Sprite Tears / Discussion Anagram (2) Noodle Ball / Music / Puzzles (3) 2:00 pm Bingo / Puzzles / Music (G) Pokeno / Movie (1) Baking Group / Discussion / Music (2) Lotto / Reading / Puzzles (3)</p>	<p>9:30 am-10:30 am <b>24</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Animal Friends / Art / Music (G) Word Search (1,3) Spiritual / Bible Study / Music (2) 2:00 pm Sing-a-Long / Music / Art (G) Indoor Sports / Movie (1) Who am I? / Trivia Discussion (2) Happy Hump Day Camel Facts (3)</p>	<p>9:30 am-10:30 am <b>25</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Short Story / Discussion / Music (G) Who am I? / Trivia / Discussion (1,2) Easy Does It Trivia / Balloon Toss (3) 2:00 pm Lotto / Sing-a-Long / Reminisce (G) Bingo / Puzzles / Music (1,3) Modern Day Trivia / Anagram / Poker (2)</p>  <p>Arbor Day</p>	<p>9:30 am-10:30 am <b>26</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Creative Corner / Puzzles / Music (G,3) Forest Funnies / Music (1,2) 2:00 pm Picture View / Ball Toss (G,3) Tree-Mendous Trivia / Art / Music (1) Scott Gurney Entertains (2)</p>	<p>10:30 am Ball Toss / Music / Art (G,3) Daily Chronicle / Music (1,2)</p> <p>2:00 pm Resident's Choice (G,3) You Know What They Say About Trees (1,2)</p>
<p>9:30 am <b>28</b> Morning Worship (2)</p> <p>2:00 pm What Does the Bible Say About Love (2)</p> 	<p>9:30 am-10:30 am <b>29</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Indoor Sports / Ball Toss / Music (G,3) International Dance Day / Anagram (2) Word Search / Discussion (1) 2:00 pm Lotto / Puzzles (G) Bingo / Puzzles (1,3) Pokeno (2)</p>	<p>9:30 am-10:30 am <b>30</b> Tea Time &amp; Trivia (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Outside Sounds / Pictures (G) What am I? / Discussion / Trivia (1) Bowling / Puzzles / Music (2) Manicures / Music / Discussion (3) 2:00 pm Bingo / Ball Toss / Music (G) Bingo / Puzzles (1) In Search of Shakespeare (2) Shopping For The Right Price (3)</p>	 <p><b>April 2019</b></p> <p><b>Sterling Healthcare &amp; Rehabilitation Center</b></p>			





## Resident of the Month: Bruce Bryan

Resident Bruce Bryan is known for his friendly smile and always having a book to read. He was born at Crozer Hospital on April 7, 1959. As a young child, he and his father would travel to sporting events. A favorite dish that his mother would make was beef stew. He didn't know what she would put in her stew, but the taste was good.

Bruce grew up in Middletown near Linville Orchards and attended Penncrest High School in Middletown

Twp., where he participated in all sports. His favorite sport was football.

He attended Delaware County Community College and studied Graphic Arts and Photography. After college, he went on to work in landscaping and as a roofer.

Bruce's hobbies include reading, poetry and attending concerts and sporting events at the Spectrum.

### Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



- ALL FOOLS' DAY
- ARBOR DAY
- ARIES
- BASEBALL
- BULL (Taurus)
- DAISY

- DIAMOND
- EARTH DAY
- EASTER
- FOURTH



- PASSOVER
- RAM (Aries)
- SHOWERS
- SWEET PEA
- TAURUS
- TAXES

### Concentration Puzzles

Use the visual clues in the puzzle boxes to figure out the phrases.



Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

**ANSWERS:**  
 Puzzle #1 Kick the can down the road., Puzzle #2 Cast your net wider.  
 Puzzle #3 Open a can of worms., Puzzle #4 It's a small world.

