

A Note From Our Administrator

We are truly blessed to have a remarkable, caring staff at Sterling. Many have been with us more than ten years – some even longer. Some have been with us only a short time. All bring their special talents and heart to Sterling each day.

Please join us in welcoming our newest additions to the team.

- Tierra Scott has accepted the position of full-time driver. Tierra will be responsible for transporting our Residents in our van to various appointments, doctor visits and outings. She will be “on the road” Monday through Friday, providing comfortable and timely transport for our Residents. Tierra is a very welcome addition to our team.
- Although not new to Sterling, we are thrilled to announce that Maura Lemke has agreed to take on the responsibility as Director of Social Services. Her experience and caring approach to our Residents and staff make her the perfect fit for such a demanding position.
- Please also welcome our newest addition to the Social Service Dept. led by Maura. Christine Johnston joined our team effective July 24. Christine has lengthy experience providing services to residents in nursing communities in SE PA. Christine and Maura will make a terrific team.

We are honored by those who have been with Sterling over the years and thrilled to welcome some new, talented people to this incredible team!

Dave Johnson

*Interim Administrator,
Sterling Healthcare & Rehabilitation Center*

Our Department Leaders

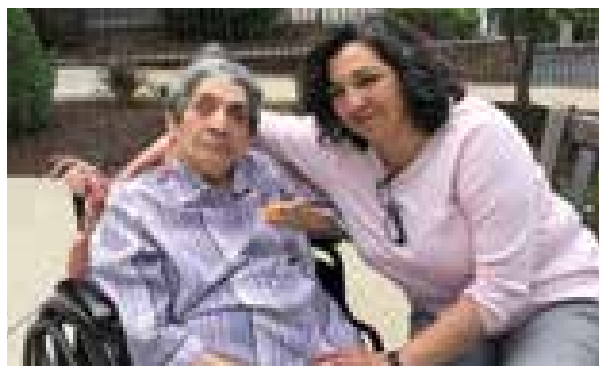
- | | |
|---|--|
| ■ Dave Johnson
Interim Administrator | ■ Ann Marie Cottman
Activity Director |
| ■ Dr. Kathryn Beldowski
Medical Director | ■ Maura Lemke
Director of Social Services |
| ■ Elizabethann Ward
Director of Nursing | ■ Mark Johnson
Director of Rehab Services |
| ■ Nicole Pike
Assistant Director of Nursing | ■ Danielle Stewart
Director of Food Services |
| ■ Audrena Kelly
Director of Admissions | ■ James Alexander
Director of Maintenance |
| ■ Gina Mizvitowicz
Admission Liaison | ■ Terrance Cowans
Director of Housekeeping |
| ■ Pat Cannizzaro
Business Office Manager | |



Memorial Service with Caring Hospice – Monique, Maxine, Kathy and Mandy



Marvin Diamond and Lisa entertaining our residents



Esperanza and her daughter enjoying the weather







Jeremiah and Gracious enjoying the music

Resident Birthdays

Delores Kelly • 8/3
 James Parish • 8/5
 Jeanne Blackburn • 8/6
 John Rowles • 8/7
 Joan Hughes • 8/9
 Thomas Zarelli • 8/9
 Lawrence Coleman • 8/11
 Sarah Giduck • 8/15
 Frank Williamson • 8/16
 Elizabeth Palmer • 8/17
 Sandra Miele • 8/18
 Wallace King • 8/25
 Henry Howard • 8/25
 Helen Hall • 8/29
 Linda Richardson • 8/29

Staff Birthdays

Gina Mitvitowicz • 8/1
 Rosemary Secker • 8/1
 Aminata Kamara • 8/3
 Mechelle Kittrell • 8/4
 Isha Musa • 8/4
 Erick Waitara • 8/4
 Bernice Lundy • 8/6
 Felicia Vickers • 8/7
 Shoncia Mills • 8/8
 Francine Buckley • 8/9
 Robin Elam • 8/9
 Annette Poole • 8/10
 Carla Ravello • 8/16
 Dupree Trader • 8/16
 Linta Mathew • 8/18
 Doris Robert • 8/24
 Bernade LaFleur • 8/28
 Barbara Mann • 8/28
 Jennifer Risi • 8/28
 Nathan Allen-Davis • 8/29
 Mary Johnson • 8/30
 Ericca Ross • 8/30
 Genevieve Fortson • 8/31

Sunday	Monday	Tuesday
<p>4</p> <p>9:30 am Morning Worship (2)</p> <p>2:00 pm Church of the Nazarene (2)</p> 	<p>5</p> <p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3)</p> <p>10:30 am A Fair for the Books / Music (G) Who am I? / Discussion / Music (1,2) Going, Going, Gone / Discussion / Art (3)</p> <p>2:00 pm Baking Group / Music / Discussion (G) Bingo Bongo (1) Crafty Corner (2) Lotto / Music / Puzzles (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3)</p> <p>10:30 am Name That Tune (G) Star of the Month (G)</p> <p>1:30 pm Textures / Music (G)</p> <p>Food Committee / Reception</p> <p>2:00 pm Baking / Story Time (G) Indoor Sports / Music (G)</p>
<p>11</p> <p>9:30 am Morning Worship (2)</p> <p>2:00 pm Blue Church (2)</p> 	<p>12</p> <p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3)</p> <p>10:30 am Laundry Day / Music / Puzzles (G) What am I? / Discussion / Music (1,2) Rhythm and Motion (3)</p> <p>2:00 pm Arts and Crafts (G) Fairs Bingo (1) Creative Corner (2) Noodle Ball / Music / Discussion (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3)</p> <p>10:30 am Baby Love / Aromas (G) Southpaw Day / Music (G) Indoor Sports / Music (G)</p> <p>2:00 pm Let's Remember / Music (G) August Easy Day / Music (G) Baking Group / Music (G) Bowling / Music (G)</p> <p>Community Outing</p>
<p>18</p> <p>9:30 am Morning Worship (2)</p> <p>2:00 pm Christ Christian Community Church (2)</p> 	<p>19</p> <p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3)</p> <p>10:30 am Basketball Appreciation (G) Who am I? / Discussion / Music (1,2) Rock Around the Clock / Music (3)</p> <p>2:00 pm Potato Day / Fun Facts (G) A Different Kind of Bingo (1) Crafty Corner (2) International Bow Day / Art (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3)</p> <p>10:30 am Arts and Crafts (G) Ball Toss / Puzzle (G) Fairly Good Food / Discussion (G) Parachute Fun / Music (G)</p> <p>2:00 pm Baby Love / Aromas (G) Lemonade's Birthday / Music (G) Bean Bag Toss / Music (G)</p> <p>Community Outing</p>
<p>25</p> <p>9:30 am Morning Worship (2)</p> <p>2:00 pm Savior Soul Band (2)</p> 	<p>26</p> <p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3)</p> <p>10:30 am Name That Tune (G) What am I? / Discussion / Music (1,2) Same Old Sayings (3)</p> <p>2:00 pm Flower / Aromas / Music / Discussion (G) Cover All Bingo (1) Cherry Popsicle Day / Fun Facts (2) Creative Corner (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3)</p> <p>10:30 am Soft n' Cuddly / Music (G) Wii Bowling / Music (G) Rhyme Time / Discussion (G)</p> <p>2:00 pm Balloon Ball / Music (G) Painting / Music (G) Baking Group / Music (G) Banana Lovers Day / Music (G)</p>

2019 Activity Calendar

Monday	Wednesday	Thursday	Friday	Saturday
 <p>Activity Center</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3) 10:30 am Art of Music / Story Time (G) Food for Thought / Discussion (1) Guess What Farm Tool (2) Plants & Animals (3) 2:00 pm Flower / Aromas / Music / Discussion (G) Table Top Games (1,3) Science with Gloria (2)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Language of Flowers (G) Healthier You (1,2) Anniversary of V-D / Discussion (3) 2:00 pm Baby Love / Aromas / Music (G) Resident's Choice / Westerns (1) Rafaela Entertains (2) National Coloring Book Day / Art (3) Ice cream Sandwich Day</p>	<p>9:45 am Table Top Games / Puzzles (G,3) 11:00 am Abounding Grace Church (2) 2:00 pm Anagram / Music (1) Fun Facts / Anagram (2)</p>	
<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Lighthouse Day / Discussion / Music (G) Purple Heart Anniversary (1) Bible Study (2) Some Old Sayings / Music (3) 2:00 pm Baby Love / Aromas / Music (G) Western Wednesday / Art (1) The Poetry of Dorothy Parker (2) Table Top Games (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3) 10:30 am Teddy Bear Picnic / Music / Story time (G) Rhyme Time / Discussion / Anagram (1) The Year was 1941 (2) Name That Tune (3) 2:00 pm Scents of Days Past (G) Finish the Song Lyrics (1) Easy Does It Trivia / Anagram (2) Bowling (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Keeping Time (G) August IQ / Discussion / Music (1) State Fairs and Amusement Parks (2) Ring Toss / Puzzles / Art (3) 2:00 pm "Boop-Oop-A-Doop" Day (G) Resident's Choice / Westerns (1) Philly Cuzz Entertains (2) Vacation Memories Day (3)</p>	<p>9:45 am Table Top Games / Puzzles (G,3) 2:00 pm Bingo / Puzzles (1) Fun Facts / Bingo (2)</p>	
<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Helping Things Grow (G) On this Day 1945 (1) Bible Study (2) Creative Corner / Music (3) 2:00 pm Beach Ball Toss (G) Random Trivia Anagram (1) Ice Cream Social / Music (2) Words to Live By and Laugh (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3) 10:30 am Name That Tune / Art (G) What am I? / Discussion (1) Bingo (2) Lotto / Puzzles / Music (3) 2:00 pm Animal Friends (G) National Relaxation Day / Anagram (1) Spiritual Mass / Music (2) Table Top Games / Music / Trivia (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Ring Toss (G) More Jeopardy Trivia / Anagram (1) "Fair Days" (2) Price Reminiscing (3) 2:00 pm Laundry Day / Discussion / Music (G) Creative Corner / Music (1) Joe Marchetti Entertains (2) You Be The Judge (3)</p>	<p>9:45 am Table Top Games / Puzzles / Music (G,3) 2:00 pm Bingo / Art (1) Fun Facts / Anagram (2)</p>	
<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) 10:30 am Carousel Songs at the Fair (G) Indoor Carnival (1,3) 2:00 pm Indoor Carnival (G,2) Resident's Choice (1,3)</p> 	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3) 10:30 am Looking Good (G) Sun Flower Day / Fun Facts / Art (1) Family Feud (2) Indoor Sports (3) 2:00 pm Roses from the South (G) Pokeno / Puzzles / Trivia (1) Poker / Crafts (2) Musical Bingo (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Printing Vegetables (G,3) Jeopardy Trivia / Anagram (1) Diligence and Perseverance (2) 2:00 pm Baby Love / Aroma / Music (G) Resident's Choice / Cinema Time (1) Anthony DeCarolis Entertains (2) Wildlife Symphony / Music (3)</p>	<p>9:45 am Table Top Games / Puzzles (G,3) 2:00 pm Bingo / Puzzles (1) Fun Facts / Anagram (2)</p>	
<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am Bouquet of Flowers (G) Table Top Games (1) Bible Study (2) Wii Bowling / Puzzles (3) 2:00 pm Bubbles / Music / Art (G) A Hallmark Day / Music (1) Wii Bowling (2) Ringer Day (3) Backyard Barbecue</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Moving to Music (G,1,2,3) 10:30 am Outside Sounds (G) The Price is Right (1) Take Me To The Fair (2) Table Top Games (3) 2:00 pm Houses and Homes (G) Feathered Friends (1,2) Noodle Ball / Art / Music (3)</p>	<p>9:45 am Coffee Time / Daily Chronicle (G,1,2,3) Chair Dancing / Music (G,1,2,3) 10:30 am The Four Tastes (G) Modern Jeopardy (1,2) Sing- A- Long / Story Time (3) 2:00 pm Flower / Aromas / Music / Discussion (G) Baseball Trivia (1) Monthly Birthday Celebration (2) What's the Difference / Aromas (3)</p>	<p>9:45 am Table Top Games / Puzzles (G,3) 2:00 pm Bingo / Puzzles (1) Anagram / Music (2)</p>	

Calendar Changes or Additions Will Be Posted.



Resident of the Month: Frank Williamson

Seas were rough, at 75 to 80 feet, as Frank Williamson stood center of the USS Coral Sea, a 45,000 ton aircraft carrier on which he served as a Navy Seaman A. O. Third Class. It was a moment of fear during almost 4 years of working ordinance.

"I stood at the center of the ship and watched the stern turn in one direction while my position turned

away," Frank said, "I worked on a TBM3 Aircraft torpedo bomber, lining up the drop slip, but that mid-ocean storm was the scariest moment in my life."

Frank was born in Chester in 1932. He was the youngest of 11 children, only 6 of who survived childhood. His own twin died at age 6 months.

His father was a painter at Sun Ship in Chester. Frank graduated from Chester High School in 1949. After a brief time playing semi-pro football, he joined the Navy.

Leaving the service, he enrolled in Pennsylvania Military College to study math, but instead found true love. "I was in college about a year and a half when I met the love of my life," Frank said. He left college, married, and began a career in sales.

Frank sold cars in Pennsylvania and Delaware. Asked about his career choice he said, "Do Italians love meatballs? That's how much I love cars."

During retirement, he joined Guys and Gals, a non-profit singing group that performed at St. Joseph in the Hills and other care communities. Along the way, he shook hands with Vice President Al Gore.

"I met him at a rally. Nice guy," Frank said. "I wasn't disappointed when he lost the race for president. I never thought he would win."



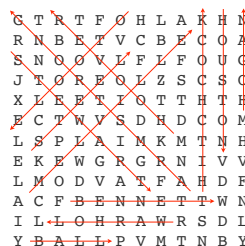
Famous August Birthdays

The following people were born in August. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Louis **ARMSTRONG**
- B. Lucille **BALL**
- C. Tony **BENNETT**
- D. Alfred **HITCHCOCK**
- E. Hulk **HOGAN**
- F. Herbert **HOOVER**
- G. Whitney **HOUSTON**
- H. Herman **MELVILLE**
- I. Peter **O'TOOLE**
- J. Danielle **STEEL**
- K. Martha **STEWART**
- L. Andy **WARHOL**



Famous August Birthdays
(solution)



Bonus: Match the person to the correct clue.

- | | |
|---------------------------|-------------------------|
| 1. Businesswoman _____ | 7. Actor _____ |
| 2. Romance novelist _____ | 8. Singer/actress _____ |
| 3. Actress/comedian _____ | 9. Artist _____ |
| 4. U.S. president _____ | 10. WWF wrestler _____ |
| 5. Director _____ | 11. Novelist _____ |
| 6. Jazz trumpeter _____ | 12. Singer _____ |

1. Businesswoman - K, 2. Romance novelist - J, 3. Actress/comedian - B
 4. U.S. president - F, 5. Director - D, 6. Jazz trumpeter - A
 7. Actor - I, 8. Singer/actress - G, 9. Artist - L
 10. WWF wrestler - E, 11. Novelist - H, 12. Singer - C

ANSWERS: