STERLING HEALTHCARE & REHABILITATION Center
A Member of **NATIONWIDE HEALTHCARE SERVICES**

THE Sterling Sentinel

December 2019 • Volume 3 • Issue 12

A Note From Our Administrator

Growing up, December was always that time of the year when I missed the warmth of summer and was excited by the idea of Christmas. No longer a boy, I am reminded of this simple fact:

"What good is the warmth of summer, without the cold of winter to give it sweetness?"
~ John Steinbeck

Dale Ko
Administrator, Sterling Healthcare & Rehabilitation Center

Our Department Leaders

- **Dale Ko** Administrator
- **Dr. Kathryn Beldowski** Medical Director
- **Brandie Marino** Director of Nursing
- **Yinka Adepoju** Admissions Director
- **Jennifer Bail** Admission Liaison
- **Patricia Glenn** Business Office Manager
- **Jada Mckenzie** Human Resources
- **Ann Marie Cottman** Activity Director
- **Maura Menka** Director of Social Services
- **Mark Johnson** Director of Rehab Services
- **Danielle Stewart** Director of Food Services
- **James Alexander** Director of Maintenance
- **Terrance Cowans** Director of Housekeeping

Harvest Fest Celebration

Marion and Carmen enjoying the Harvest Fest Parade

Stephanie, Ann and Molly enjoying site seeing

Barbara Carroll poses as the Good Witch

STERLING HEALTHCARE & REHABILITATION Center

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December

Resident Birthdays

Marion Torchia • 12/09
Bernard Cohen • 12/12
Carmen Dellarocco • 12/13
Janie Wilson • 12/30

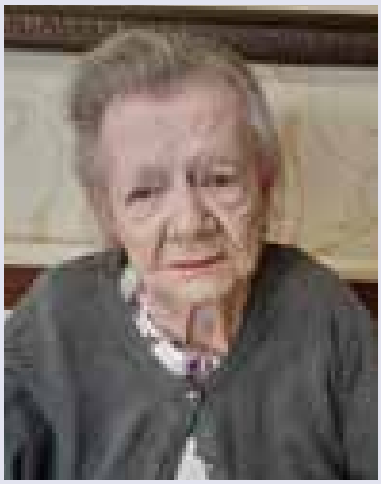
Staff Birthdays

Asoke Kumar • 12/1
Carla Clark- Toppar • 12/3
Bria Wilson • 12/12
Ismatu Hassan • 12/12
Christine Kimani • 12/14
Andrew Fuller • 12/15
Roxanne Harper • 12/15
Sandra Acri • 12/16
Simone Handy • 12/16
Shyreem Montgomery • 12/17
Andre Gordon • 12/22
Nancy Sewell • 12/26
Nancy Shaw • 012/29

Sunday	Monday	Tue
1 10:30 am Morning Worship (2) 2:00 pm Church of the Nazarene (2)	**2** 9:45 am Action Zone (G,1,2,3) Current Events / Coffee Social (G,1,2,3) 10:30 am 30 Things in 30 Seconds (G) Who am I? / Anagram (1) History of Bingo / Table Top Game (2) Noodle Ball / Name That Tune (3) 2:00 pm Baby Love / Art / Music (G) Bingo / Name That Tune (1) Friends with Words / Anagrams (2) Horse Racing / Art / Puzzles (3)	9:4 Fitness Zo Daily Devotion / Hy 10: Let's Reminisce / M All About the 1 Not So Trivia / Fab Art / Puzzles 2:0 Those Amazing An Parachu Sending Out Ch Indoor Sports / N
8 10:30 am Morning Worship (2) 2:00 pm Blue Church (2)	**9** 9:45 am Action Zone (G,1,2,3) Current Events / Coffee Social (G,1,2,3) 10:30 am Marching Band / Music (G,3) What Am I ?/ Anagram (1) It's A Lock / Bingo (2) 1:30 pm Food Committee / Resident Council (2) 2:00 pm Soft and Cuddly / Music (G) Floral Arrangement (1) Wicked Witch of the West Day Facts (3)	9:4 Fitness Zo Daily Devotion / Hy 10: A Gift for M Movie Tunes Chi-Town / Bean Ba 2:0 Vegetables Happy Birthday, Table To Noodle Ball /
15 10:30 am Morning Worship (2) 2:00 pm Christ Christian Community Church (2)	**16** 9:45 am Action Zone (G,1,2,3) Current Events / Coffee Social (G,1,2,3) 10:30 am Horse Racing / Art / Puzzles (G) They Spin Webs / Discussion (1) Who Am I? / Anagram (2) Celebrating Holidays / Music (3) 2:00 pm Colors of Yarn / Music / Art (G) Bingo / Name That Tune (1) Challenge Your Voice (2) Brain Fitness / Music (3)	9:4 Fitness Zo Daily Devotion / Hy 10: Houses an An "A" in Decem Words Wit Indoor 2:0 Farm Days / R Musical December IQ Indoor Spo
22 10:30 am Morning Worship (2) 2:00 pm Savior Soul Band (2)	**23** 9:45 am Action Zone (G,1,2,3) Current Events / Coffee Social (G,1,2,3) 10:30 am Baby Love / Reminisce (G) The Hanukkah Table / Anagram (1) Hanukkah Bingo (2) Hanukkah True or False (3) 2:00 pm Gift Giving Begins (G,1,2,3) First Day of Hanukkah	10: Homespun Ho Remembering Boys Mixed-Up Christmas Name Th 2:0 Manicures December Easy Popcorn and Mo A Politically Cor
29 10:30 am Morning Worship (2) 2:00 pm Media Second Baptist Church (2)	**30** 9:45 am Action Zone (G,1,2,3) Current Events / Coffee Social (G,1,2,3) 10:30 am Baby Love / Reminisce (G) Who Am I? / Anagram (1) Canary Island Cruise / Discussion (2) Let's Reminisce / Music / Discussion (3) 2:00 pm Picture View / Music / Discussion (G) Bingo/ Name That Tune (1) Words With Friends (2) Ring Toss / Music (3)	9:4 Fitness Zo Daily Devotion / Hy 10: Horse Racing / Make Up You That's A Wrap D Name Th 2:0 Cinema New Year's Bowling / Mus New Y

2019 Activity Calendar

sday	Wednesday	Thursday	Friday	Saturday
3 5 am one (G,1,2,3) vdration Cart (G,1,2,3) 30 am Music / Discussion (G) 940's / Music (1) ulous 40's Music (2) s / Ball Toss (3) 00 pm imals / Reminisce (G) ute Fun (1) hristmas Cards (2) Name That Tune (3)	**4** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Marching with The Band (G) Karaoke Wednesday (1) Game On Trivia / Pokeno (2) Balloon Toss and Parachute / Music (3) 2:00 pm Teddy Bear Picnic (G) You Be The Judge (1) Table Top Games (2) Drum Circle / Music (3)	**5** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Music Therapy (G) December IQ (1) Indoor Volleyball / Music / Anagram (2) Noodle Ball / Music / Art (3) 2:00 pm Poems / Music / Balloon Toss (G) Things That Aren't There Anymore (1) Anagram (2) Bowling (3)	**6** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Laundry Day / Reminiscence (G) I Got Rhythm Day / Picture View (1) Holiday Treats / Anagram (2) Let's Reminisce / Music (3) 2:00 pm Parachute / Music (G) Horse Racing / Art / Puzzles (1) **Rafaele Entertains (2)** Noodle Ball / Music / Art (3)	**7** 9:45 am Ice Age (G) Scrooge / Discussion (3) 11:00 am Abounding Grace (2) 2;00 pm Bingo (1) Table Top Games (2)
10 5 am one (G,1,2,3) vdration Cart (G,1,2,3 30 am Magi Day (G) s / Anagram (1) / Anagram (2) ag Toss (3) 00 pm s and Fruit (G) Hoss / Bonanza (1) p Game (2) Art / Music (3)	**11** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Picture Cards and Photographs (G) Driving Test / Bingo (1) Decades / Name That Tune (2) Poetry in Motion (3) 2:00 pm Textures / Art / Music (G) Brain Fitness (1) Pokeno (2) Karaoke Wednesday (3)	**12** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Ball Toss / Art / Music (G, 3) Noodle Ball / Music Puzzles (1) Happy Birthday, December Baby / Music (2) 2:00 pm Teddy Bear Picnic (G) Missing Word Trivia / Bingo (1,2) You Be The Judge (3) 6:30 pm **Christmas Ball w/ Jim Laurie (2)**	**13** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Happy Birthday, Dick Van Dyke (G) It Happened One December (1) That Was The Year / Anagram (2) Can You Picture This? (3) 2:00 pm Beach Ball Toss / Reminiscence (G) Karaoke – Party Favorites (1) **Ice Cream Social (2)** Horse Racing (3)	**14** 9:45 am Ball Toss / Music (G) Noodle Ball (3) 2;00 pm Bingo (1) Pokeno (2)
17 5 am one (G,1,2,3) vdration Cart (G,1,2,3) 30 am d Homes (G) ber Math Class (1) h Friends (2) Sports (3) 00 pm Reminiscence (G) Bingo (1) Q / Anagram (2) rts / Music (3)	**18** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Laundry Day / Story / Time (G) Picture View / Music / Art (1,3) Kasey Kasem's Top 40 List Trivia / Music (2) 2:00 pm Noodle Ball / Art / Music (G) Bouquet of Flowers (1) What's Red and White and Very Light? (2) Horse Racing / Art / Puzzles (3)	**19** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Let's Reminisce / Music / Discussion (G) Logical Holiday Cookies (1) Catholic Mass (2) Tell All / Music (3) 2:00 pm Picture View / Music (G) 20 Questions (1) Karaoke (2) Movie Time / Elf (3)	**20** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:00 am Noodle Ball / Music (1,3) Bingo / Name That Tune (1) 1030-2:00 pm **HealthCare Apparel** **Dollar Store (2)** 2:00 pm The Great Rupert (G) Memory Lane (1) Born Free (3) Ugly Sweater Day	**21** 9:45 am Frosty The Snowman (G) Ring Toss (3) 2:00 pm Bingo (1) 50 Reasons to Love Winter (2) Winter Begins
24 00 am liday / Music (G) Toys / Picture View (1) s / Name That Tune (2) at Tune (3) 00 pm s / Movie (G) y Does It Trivia (1) vies / Anagram (2) rect Christmas (3)	**25** 10:00 am Christmas Lesson and Carols (G,3) Holiday Songs / Anagram (1,2) 2:00 pm A Christmas Story (G,3) It's Beginning To Look a Lot Like Christmas / Sing- a- Long (2) Christmas Lesson & Carols (1) Christmas	**26** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Music Magic / Art (G) Tales of Kwanza / Anagram (1,3) **Mass** (2) 2:00 pm The Great Egg Scapade (G) Odds n' Ends / Table Top Games (1) **Poker** / Arts & Crafts (2) Karamu: The Kwanzaa Feast (3) Kwanzaa Begins	**27** 9:45 am Fitness Zone (G,1,2,3) Daily Devotion / Hydration Cart (G,1,2,3) 10:30 am Balloon Ball / Music / Art (G) Horse Racing / Art / Puzzles (1) Taking December For A Spin (2) Music Bingo / Reminiscence (3) 2:00 pm Marching To The Band (G) Name That Tune (1) **Philly Cuz Entertains (2)** Indoor Sports / Music / Art (3)	**28** 9:45 pm Noodle Ball / Art (G) Wildlife Symphony (3) 2:00 pm Happy Birthday, Denel Washington (I) Pokeno (2)
31 5 am one (G,1,2,3) vdration Cart (G,1,2,3) 30 am Art / Puzzles (G) ur Mind Day (1) Day / Anagram (2) at Tune (3) 00 pm Time (G,1) **Eve Party (2)** sic / Puzzles (3) Year's Eve				



Resident of the Month: Phyllis Garofalo

The number one thing Phyllis wants the world to know about her is, "I'm a West Philly Girl." She was born, raised, worked and raised her daughter in Darby. Phyllis has a special grandson, Adam, who is the love of her life.

Phyllis is one of eight children. She left school, became a waitress, and then a manager at the Coffee Corner.

Her career choice brought her true love. She met her husband, Gary, in the coffee shop. It took many cups of coffee before he asked her out on a date. Love bloomed over hot Java and warm sticky buns. Gary was a Police Officer. One special day, over morning coffee, it became a lifetime request. He asked her to marry him and she said yes.

Phyllis continued to work in the Coffee Corner in Philadelphia for 30 years. Phyllis relaxed by knitting blankets and listening to all kinds of music. Her favorite desert is vanilla ice cream and she enjoys spending time with her cat, Chester.

Famous December Birthdays

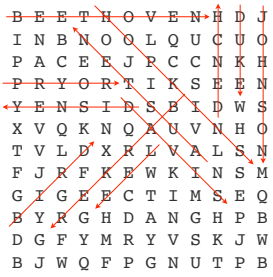
The following people were born in December. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

A. Jane **AUSTEN**
B. Bob **BARKER**
C. Larry **BIRD**
D. Ludwig van **BEETHOVEN**
E. Sammy **DAVIS** Jr.
F. Judi **DENCH**
G. Walt **DISNEY**
H. Patty **DUKE**
I. Anthony **HOPKINS**
J. Andrew **JOHNSON**
K. Stan **LEE**
L. Richard **PRYOR**

B	E	E	T	H	O	V	E	N	H	D	J
I	N	B	N	O	O	L	Q	U	C	U	O
P	A	C	E	E	J	P	C	C	N	K	H
P	R	Y	O	R	T	I	K	S	E	E	N
Y	E	N	S	I	D	S	B	I	D	W	S
X	V	Q	K	N	Q	A	U	V	N	H	O
T	V	L	D	X	R	L	V	A	L	S	N
F	J	R	F	K	E	W	K	I	N	S	M
G	I	G	E	E	C	T	I	M	S	E	Q
B	Y	R	G	H	D	A	N	G	H	P	B
D	G	F	Y	M	R	Y	V	S	K	J	W
B	J	W	Q	F	P	G	N	U	T	P	B

Bonus: *Match the person to the correct clue.*

1. U.S. president ____
2. Movie actor ____
3. Comedian ____
4. Game show host ____
5. Composer ____
6. Dame and movie actress ____
7. Famous animator ____
8. Author ____
9. She played Helen Keller ____
10. Basketball player ____
11. Singer and dancer ____
12. Comic book author ____



Bonus: *Match the person to the correct clue.*

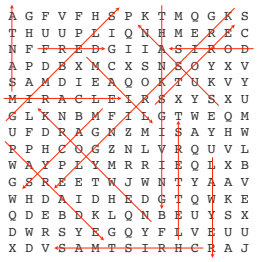
1. U.S. president – J
2. Movie actor – I
3. Comedian – L
4. Game show host – B
5. Composer – D
6. Dame and movie actress – F
7. Famous animator – G
8. Author – A
9. She played Helen Keller – H
10. Basketball player – C
11. Singer and dancer – E
12. Comic book author – K

Miracle on 34th Street

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

A	G	F	V	F	H	S	P	K	T	M	Q	G	K	S
T	H	U	U	P	L	I	Q	N	H	M	E	R	E	C
N	F	F	R	E	D	G	I	I	A	S	I	R	O	D
A	P	D	B	X	M	C	X	S	N	S	O	Y	X	V
S	A	M	D	I	E	A	Q	O	K	T	U	K	V	Y
M	I	R	A	C	L	E	I	R	S	X	Y	S	X	U
G	L	K	N	B	M	F	I	L	G	T	W	E	Q	M
U	F	D	R	A	G	N	Z	M	I	S	A	Y	H	W
P	P	H	C	O	G	Z	N	L	V	R	Q	U	V	L
W	A	Y	P	L	Y	M	R	R	I	E	Q	L	X	B
G	S	R	E	E	T	W	J	W	N	T	Y	A	A	V
W	H	D	A	I	D	H	E	D	G	T	Q	W	K	E
Q	D	E	B	D	K	L	Q	N	B	E	U	Y	S	X
D	W	R	S	Y	E	G	Q	Y	F	L	V	E	U	U
X	D	V	S	A	M	T	S	I	R	H	C	R	A	J

Miracle on 34th Street Solution



CHRISTMAS
DORIS
FRED
GIMBELS
KRIS KRINGLE
LAWYER
LETTERS
MACYS

MAIL
MIRACLE
NEW YORK
PARADE
SANTA
STORE
SUSAN
THANKSGIVING

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