

A Note From Our Administrator

We are expecting to install a snack vending machine for resident use in the Willow Way Dining Room very soon. We heard your requests!

We hope all are enjoying the monthly meal specials that our kitchen is producing!

August is Sandwich Month. On August 6, 1762, the Earl of Sandwich asked for a meal between two slices of bread and thus, the sandwich was born.

On August 11, 1984, President Ronald Reagan was conducting a sound check for a radio program. "My fellow Americans," he said, "I'm pleased to tell you today that I've signed legislation that will outlaw Russia forever. We begin bombing in five minutes." The joke was on him: The microphone was live and the entire world heard his words. Thus began National Presidential Joke Day.

August colors are light green and orange, the flowers are gladiola and poppy, and the birthstone is the yellow-green peridot.

August 2022 was the hottest on record in Philadelphia and the surrounding area. We are expecting hot weather again this year. Here's hoping you get outside and enjoy the last month of summer, but please be careful and keep an eye on the temperature and the sun!

Sincerely,

Brenda Decker, NHA

Administrator, Sterling Healthcare & Rehabilitation Center

Our Department Leaders

- **Brenda Decker**
Administrator
- **Ratana Whitfield**
Director of Nursing
- **Laura Beswick**
Diana Anderson
Assistant Directors of Nursing
- **Ashley Donato**
Admissions & Community Relations Director
- **Jada McKenzie**
Human Resources/Payroll
- **Schrette Freeman**
Business Office Manager
- **Dr. Kathryn Beldowski**
Medical Director
- **Ann Marie Cottman**
Activities Director
- **Megan Ryan**
Director of Rehabilitation
- **Lynn Collins**
Dietitian
- **Michael Schmidt**
Director of Food Services
- **Dionne Ayres**
Central Supply
- **James Alexander**
Director of Maintenance
- **Ed Stankovich**
Director of Housekeeping
- **Josetta Ford**
Social Services Director
- **Jeannie Shanahan**
Annette Poole
RNACs



George twisting with Lisa.



Residents playing Bingo with Lorraine.



Residents playing along with our Music Therapy.



Everyone enjoying our Hoagie Fest.

August 2023 Activity Calendar



Resident Birthdays

Jaonn D. - 08/01
Robert H. - 08/03
John R. - 08/07
Thomas Z. - 08/09
Mary B. - 08/10
Maxine W. - 08/14
Lewis M. - 08/16
Otis F. - 08/17
Exume . P. - 08/18
Avelena D. - 08/24
Henderson C. - 08/24
Wallace K. - 08/25
Deborah J. - 08/27
Helen H. - 08/29
Linda R. - 08/29

Staff Birthdays

Gloria P. - 08/08
Francine B. - 08/09
Annette P. - 08/10
Ira R. - 08/26
Genevieve F. - 08/31



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>AUGUST 2023</div> 		1	2	3	4	5
		9:30 am - 11:45 am Calendar Review / Punny Jokes (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Laughter Yoga / Daily Bread (G,3) Bingo (1) Food Committee Meeting (2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Star of the Month (G,1,2,3) Ice cream Sandwich Day (G,1,2,3)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Who am I? / Discussion (1,2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Music Choice (G,1,3) Marvin Diamond Entertains (2)	9:30 am - 11:45 am Daily Chronicle / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Movie Matinee (G,3) Residents' Choice (1,2)
	6	7	8	9	10	11
	10:00 am - 11:50 am Morning Worship (2) Eucharistic Ministers (G,1,2,3) 2:00 pm - 3:00 pm Movie Matinee (G,3) Tisha B'Av and the Book of Lamentations (1,2)	9:30 am - 11:45 am Health Sounds of Silence (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Finish the Saying / Anagram (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Music Bingo (1) Resident Council (2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm World's Indigenous People Day (G,3) Dramatic Deserts (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Lazy Day (G,3) What am I? / Discussion (1,2) Community Outing	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Son and Daughter Day (G,3) August IQ / Anagram (1,2)
	13	14	15	16	17	18
	10:00 am - 11:50 am Eucharistic Ministers (G,1,2,3) 2:00 pm - 3:00 pm Sea Biscuit (G) Greatest Upset Day (1,3) The Blue Church (2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sonny and Cher Day (G,3) Picking Peaches / Anagram (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Resident's Bingo (1,2) Lemon Meringue Pie Day	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Matching Ice Tea (G) Double Exposure (1,2) National Tell a Joke Day (3)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Who am I? / Discussion (1,2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Movie Matinee (1) Kevin Galm Entertains (2)
20	21	22	23	24	25	
10:00 am - 11:50 am Morning Worship (2) Eucharistic Ministers (G,1,2,3) 2:00 pm - 3:00pm Movie Matinee (G,1,3) Christ Community Christian Church (2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) August Zodiac / Anagram (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Bingo (1,2)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Famous Michaels / Anagram (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Puzzles and Pondering (1,2) Peach Pie Day (G,1,2,3)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Patrice Hawthorne Entertains (1,2)	
27	28	29	30	31	<div>Special Events:</div> <div>Food Committee - 08/01 Ice Cream Sandwich Day - 08/02 Marvin Diamond - 08/04 Community Outing - 08/10 Lemon Meringue Pie Day - 08/15 Kevin Galm Entertains - 08/18 Peach Pie Day - 08/24 Patrice Hawthorne Entertainment - 08/25 Lemon Juice Day - 08/29 Let's Play Poker - 08/31 Any changes or additions will be posted.</div> 	
10:00 am - 11:50 am Eucharistic Ministers (G,1,2,3) 2:00 pm - 3:00 pm Movie Matinee (G,1,2,3)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Desert Oasis / Anagram (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Bingo (1,2) Lemon Juice Day (G,1,2,3)	9:30 am - 11:45 am Chair Dancing / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Remembering Las Vegas (1,2)	9:30 am - 11:45 am Laughter Yoga / Daily Bread (G,1,2,3) 1:00 pm - 1:45 pm Change of Scenery (G,1,2,3) 2:15 pm - 4:00 pm Sensations (G,3) Destination : Sahara Desert, Africa (1) Let's Play Poker (2)		



Resident of the Month: Nicholas K.

Nicholas was born in Philadelphia in 1954. He is an only child and as he grew older he and his mother relocated to California. She would tell him that's were all the money is.

When in California, he attended George Washington High School and took up Automotive Classes and graduated.

In the 70's, he moved back to Pennsylvania and settled in Eddystone. He got a job working at Bishop Nursing Home in Media, known today as Sterling Healthcare, as a Nurses Aide for 10 years. He then he decided to retire.

Nicholas enjoys playing checkers, basketball and tennis for fun.

Nicholas shares his nurses aide experience daily, as he is always helpful and greets everyone he meets with a smile.

Famous Michaels

Below is a list of famous Michaels. Can you find their **last names**? Search vertically, horizontally, diagonally, forward, and backward.



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

MICHAEL **BOLTON**

MICHAEL **CAINE**

MICHAEL
CRICHTON

MICHAEL **DOUGLAS**

MICHAEL **DUKAKIS**

MICHAEL J. **FOX**

MICHAEL **JACKSON**

MICHAEL "MICK"
JAGGER

MICHAEL **JORDAN**

MICHAEL **KEATON**

MICHAEL **LANDON**

MICHAEL **MCDONALD**

MICHAEL **MOORE**

MICHAEL **PHELPS**

MICHAEL "MICKEY"
ROONEY

MICHAEL **SPINKS**

MICHAEL **STRAHAN**

MICHAEL "MIKE"
TYSON

Picking Peaches

The words listed below can be found vertically and horizontally.

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

BRANCHES

BUCKET

FRUIT

FUZZY

GLOVES



JUICY

LADDER

ORCHARD

RIPE

SWEET

Famous Michaels
(solution)

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



Picking Peaches
(solution)

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