

# The Powder Mill Press

Senior Commons 1775 Powder Mill Road York (717)-741-0961

Postage  
Information



### Senior Commons Management Team

**Interim Executive Director**  
Jeremy Keiter

**Director of Marketing**  
Lainey Goss

**Director of Resident Care**  
Millie Arnold

**Director of Memory Care**  
Denise Wible

**Director of Maintenance &  
Housekeeping**  
Bill Beaston

**Office Manager**  
Donna Singley

**Director of Food Services**  
Phil Maurer

**Director of Activities**  
Maureen Rittenhouse

### Lazy, Hazy days of Summer...

The summer season is in full swing. Baseball games, afternoons by the pool, summer vacations to the beach, days full of so much sunshine we don't know what to do with it all.

This is the time of the year that we can warm up from all those cold and frigid arctic feeling days of January and February.

It's the time of the year where we can look forward and enjoy the bounty of the fields. The fresh fruits and vegetables that make it to our tables that we so dearly miss all winter long.

It's time for sun-made tea and freshly squeezed lemonade. Sno-balls and hand-dipped ice cream are certainly the afternoon delight of the season.

Take this time to enjoy these lazy, hazy days of summer because they won't last that long before the leaves start to fall and the white stuff starts flying.



### July Birthdays

Born July 1–22 are the Crabs of Cancer. Guided by their hearts. They are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

7/1-Donna Ernst	7/23-Don Keller
7/16-Jane Miller	7/24-Pauline Marshall
7/17-Grace Barley	7/29-Doris Harper
7/18-Jim Rudisill	7/30-Linda Lemasters
-Petrina Chin	7/31-Catherine
7/20-Annette Fuligni	Benshoof

Birthday Dinner  
July 26



Introducing the services of Spa Creek Dental to the residents and families of Senior Commons.

Spa Creek is a mobile dental service that comes to us and provides us with a variety of dental needs from cleaning teeth to making adjustments to dentures.

We are very excited to be able to offer the services of Spa Creek and will have more information to share in the coming weeks.

From the Activities Dept...

As the summer rolls in, so do our monthly outdoor concerts. Our season kicked off to the sounds from the **Brodbeck Band** and will continue each month.

**July 16** we welcome the **Spring Garden Stage Band**. Along with the sweet sounds of music we will be enjoying refreshing ice cream and toppings

**August 20** we will be entertained by the **Emigsville Band** and enjoying fresh local peaches with ice cream.

**September 17** we will close out our summer concert series to the sounds of the **Zembo String Band**.

Music will start at 6:00p.m. and all concerts are held rain or shine. Please feel free to invite a friend or two to attend and bring your lawn chair.

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**Congratulations to Peg & John Lau who competed in this years' Senior Olympics. Together they competed in 7 events and Peg earned herself a gold, silver and bronze medal.**



A few reminders from the nursing dept.

\*\*\*When walking outside please let the office or a friend know in the event that something happens, we will be able to help immediately.

\*\*\*Due to the summer temps and humidity levels please be sure to take frequent rests when outside and drink plenty of fluids.

\*\*\*To stay cooler when outside wear lighter weight clothing and light colors.

\*\*\*Stay protected from the sun's rays by sitting in the shade, wearing sunscreen and limiting exposure to the sun.

Summer can be a great time of the year when just a few precautions are taken.



### The Pipes Are Calling

There is no sound quite like the mournful drone of the bagpipe, and no time to celebrate this unique instrument like July 27, Bagpipe Appreciation Day. The bagpipe may be the national instrument of Scotland, but its roots began in faraway Egypt. It took centuries for the instrument to cross



the Mediterranean and make its way through Europe to Scotland, but no one will deny that the Scots embraced the bagpipes like no other culture. In the 14th century, every Scottish court had a piper, and taxes were levied to pay for pipers in local churches and festivals. Bagpipes have had a heralded place on the battlefield, too; they have been used to both rally troops and salute the brave. The stirring sound of the bagpipes has become associated with honor, courage, and strength—qualities that make the bagpipes one of the most important symbols of Scottish heritage.



**Nothing like taking dad out to the ballpark for a great hotdog, peanuts and a cold beer.**

**Our gentlemen certainly did that and had a great time.**



*Congratulations to our new marketing team...  
Marketing Associate      Marketing Director  
Katrina Eicholtz      Lainey Goss*

*We look forward to working with this dynamic duo and welcome good things to come.*



**(L-R...Katie, Emily, Linda and Tiffany) These ladies from Fox Rehabilitation do amazing things for our residents. They are so much a part of the Senior Commons team and family.**

**We invite you to stop on by anytime and say hello. If you feel that you may need their support don't be afraid to ask Tiffany and she'll be glad to discuss your needs and options.**

**Thank you so much ladies.**

