

Sterling Heights

Gracious Retirement Living

3500 Fairview Street • Bethlehem, PA 18017 • Phone (610) 868-4600 • www.seniorlivinginstyle.com

JUNE 2020

STERLING HEIGHTS STAFF

Managers.....JOE & KIM DAWSON
Assistant ManagersKEVIN & JUDY MCGARVEY
Community Sales LAURIE BREY
Activity CoordinatorLOUISE SARKO
MaintenanceCHRISTOPHER BOYER
TransportationSHIRLEY PEREZ

TRANSPORTATION

**Monday, 9:30 a.m.-Noon and
2-3 p.m.:** Shopping/Errands

Tuesday, 9 a.m.-2 p.m.: Medical Appointments

Wednesday, 11 a.m.-4 p.m.: Outings

Thursday, 9 a.m.-2 p.m.:
Medical Appointments

**Friday, 9:30 a.m.-Noon and
2-3 p.m.:** Shopping/Errands

Sunday, 9:55-11:30 a.m.: Church Services

HAWTHORN
SENIOR LIVING

Fathers

Fathers are the biggest source of strength for a child. The innocent eyes of a child perceive a father as the all-powerful, most knowledgeable, truly affectionate and the most important person in the family. For daughters, fathers are the first men they adore and fall in love with, while for sons, their fathers are the strongest person they know and someone they aspire to emulate. Even for grownups, fathers are someone whom they look up to for the most experienced and honest advice that is always in our best interest. For the great figure in our life that we know as father, it becomes our utmost duty to pay our humblest tribute on the occasion of Father's Day.



June Birthdays

On behalf of Sterling Heights, we wish the following residents a very Happy Birthday!

June 2nd: Sue Bechtel

June 6th: Tillie Kozdan

June 6th: Peggy Helm

June 6th: Ken Saff

June 10th: Loraine Loreti

June 18th: Rose Marie Hosking

June 24th: Marjorie Breit

June 26th: Peggy Butryn



June 27th: John Grabowski

June 28th: Bob Hosking

June 29th: Jo Barkis

May your birthday be the start of a year filled with good luck, good health and much happiness.



Getting to Know Our Assistant Managers: Kevin and Judy McGarvey

Judy is originally from Southern California. She began a professional music career at age 15, a young “hippie chick” playing guitar and singing ‘70s folk songs.

She has two children. A son who is 36, living in Omaha, Nebraska, with his wife and twin 5-year-olds. Judy also has a daughter, 34, with four children living in Colorado.

Judy entered Christian ministry at 22, and began publishing original music, teaching, and conducting Bible study and worship seminars all over the country. She left ministry in 2006 and joined a couple of performing bands over the next few years, and enjoyed returning to her folk and rock ‘n’ roll roots.

In 2008, she began working at a guest ranch, where she cared for and worked with bison, camels, horses, ostriches and many other fun and fascinating species. She moved to Omaha in 2011 and there she met Kevin. They married a year from the day they met.

Kevin was born and raised in Omaha and lived there all his life except for the time he served in the Navy on an aircraft carrier — where he got to see many places in the world. It was there he began his career in commercial printing, a field he went into after the Navy, and continued for 32 years. He has three daughters who all live in Omaha, and four grandchildren. Kevin developed a love for motorcycles, and has been riding for over 30 years. He is also passionate about photography, and loves to explore the outdoors for wildlife and landscape photo ops. His father was originally from Slippery Rock, so transferring to Pennsylvania gives Kevin the opportunity to be closer to his roots. He is looking forward to exploring his father’s childhood stomping grounds!

Last but not least is our fur-baby Buddy, a 3-year old English bulldog. He was raised in senior living buildings, and has such a love for seniors — even when we take him out in public, he makes a bee-line to anyone with a walker or scooter. We think he’s learned that seniors are typically ready with yummy treats and a loving pat on the head. His two favorite things! And yes, we’re the crazy dog parents who love to dress him up — which makes him very happy because he is a showoff. We are thankful to have Buddy to come home to after a busy day!



L to R: Kevin, Buddy, and Judy

June Historical Events

Below are some interesting historical events that occurred during the month of June. How many of these do you know?

June 1: Snow falls in Buffalo and Rochester, New York, and Cleveland, Ohio.

June 5: Bobby Kennedy is assassinated. (1968)

June 6: The first drive-in theater opened in Camden, New Jersey. (1933)

June 9: Disney’s Donald Duck makes his debut. (1934)

June 12: John Lee Richmond pitches baseball’s first “Perfect Game.” (1880)

June 17: The Statue of Liberty arrived in New York City. (1885)

June 18: Women’s rights advocate Susan B. Anthony is arrested for voting in Rochester, New York. (1873)

June 22: Doughnuts were created. (1847)

June 25: Lt. Colonel George Custer and the 7th Cavalry were wiped out by Sioux and Cheyenne Indians at the Battle of Little Big Horn. (1876)





Flag Day

Each year on June 14th, we celebrate Flag Day. It was established by President Woodrow Wilson in 1916, but not declared an official holiday until 1949. Here are some additional Flag Day-inspired facts about our red, white and blue banner.

1. Flag Day is observed on June 14th because on this day in 1777, the Second Continental Congress first approved a national flag.
2. While Betsy Ross is believed by many to have made the first flag, controversy exists over its exact origin. Some historians believe it was designed by Congressman Francis Hopkinson, and sewn by Philadelphia seamstress Betsy Ross.
3. The colors of our flag have meaning. Red stands for hardiness and valor. White symbolizes purity and innocence. Blue represents vigilance, perseverance and justice.
4. There are 13 red and white stripes on the American flag. These 13 stripes (seven red and six white ones) represent the original 13 colonies. The stars represent the 50 states of the Union.
5. There are specific rules for the display of the flag:
 - The flag should be displayed from sunrise to sunset. If displayed at night, it should be illuminated.
 - Never allow the flag to touch the ground or the floor.
 - When displayed on a wall or window, the blue field should be in the upper left corner.
 - The flag should be raised quickly and lowered ceremoniously.
6. The military folds the flag with 13 folds, each with a symbolic meaning.
7. There are six flags on the moon. They were placed there by astronauts from Apollo 11, 12, 14, 15, 16 and 17.
8. Flag Day is observed nationwide, but Pennsylvania is the only state that recognizes it as a legal holiday.



Celebrating Rocky Road Ice Cream

On June 2, 1929, after the crash of the stock market, Dreyer's Ice Cream founder William Dreyer calmed his Black Thursday nerves by creating the



original rocky road ice cream. Mixing chunky almonds, mini marshmallows, and mild chocolate ice cream, he created a flavor of ice cream "to give folks something to smile about in the midst of the Great Depression." It instantly became an American favorite, and its fame soon spread to the rest of the world, with a few adaptations. In Australia, people add jam to their rocky road ice cream, while those who live in the United Kingdom add cherries and raisins. No matter where or how you eat your rocky road ice cream, enjoy some today. We will be serving rocky road ice cream at 3 p.m. on our rolling trolley cart on Tuesday, June 2.

Home Helpers

Home Helpers is available to meet with individuals with specific concerns. Please call to schedule an appointment: 610-838-7494.

Meal Times

Breakfast: 8-9 a.m.

Dinner: 12:30-1:30 p.m.

Supper: 5:30-6:30 p.m.

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

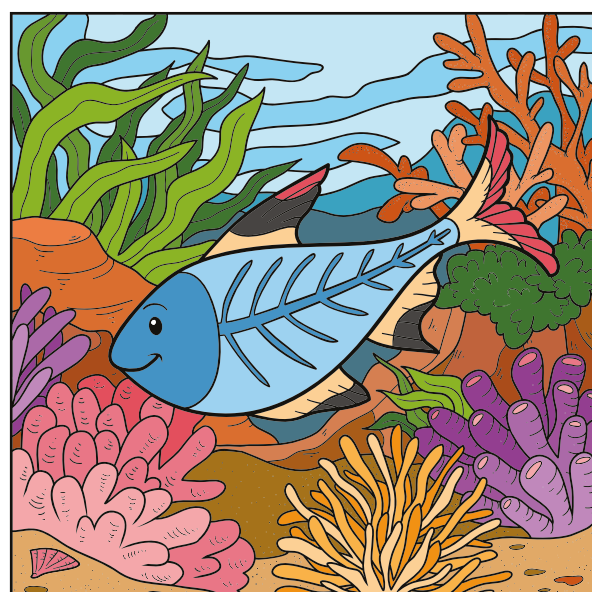
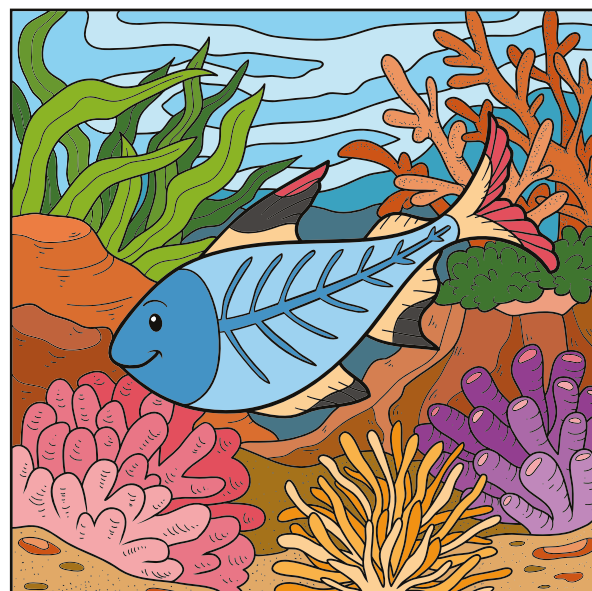
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Mother's Day

This past Mother's Day, due to the coronavirus, we were unable to celebrate Mother's Day in the traditional manner. Instead, visits were kept to 6 feet of social distancing.

Our annual tea party, normally held for our ladies gathered together, was celebrated with a rolling tea trolley as each lady was visited personally at her apartment by our building manager and activity coordinator.

The morning began with a special breakfast of honey cream-cheese French toast. Each of our mothers also received a lovely gift of honey blossom body lotion and lip balm. Throughout the day, five raffles were held where the ladies had the opportunity to win hydrangea plants, a "Chocolate Lover's" basket, or a basket with "Everything Honey."

Somehow, despite the unusualness of it all, our Sterling Heights mothers enjoyed their special day. Visits with family members were heartwarming. Flowers filled the building as families sent warm wishes for a happy day, and much joy was brought to all as our mothers were still able to enjoy their annual tea.



Our "Everything Honey" gift basket



Pretty sugar cookies were served during the tea party.



Our raffle included these beautiful hydrangea plants to warm any woman's heart.



Elizabeth posed with a pretty hat prop during the tea.



Beverly looked very pretty for Mother's Day.



Coming Together, Six Feet Apart

Social distancing — two words that have changed how we act and interact with our family, friends, and even strangers. Social distancing is an essential way to slow down the spread of COVID-19, and it is important that we follow the social distancing protocols set in place within our Community. Below are just a few things to keep in mind as we continue to navigate through these protocols.

- 1. 6 feet apart!** This is the recommended safe distance we must keep at all times. Because COVID-19 is spread person to person, we must be mindful of how close we are to one another.
- 2. Small Groups:** The CDC recommends limiting the number of people in groups to help stop the spread of the virus. Every state may differ slightly as to how many people are allowed in a group. Our activities can be held as long as there is no more than 10 people per activity.



Safely distancing while keeping fit



Ruth works on her bicep strength during a small group fitness class with Legacy.

“What Makes a Dad”

God took the strength of
a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of morning in spring,

The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more
to add,
He knew His masterpiece
was complete,
And so, He called it...Dad.

— Author Unknown



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is staying apart,
we are coming
together.

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