

Sterling Heights

Gracious Retirement Living

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

AUGUST 2020

STERLING HEIGHTS STAFF

Managers.....JOE & KIM DAWSON
Assistant ManagersCHRIS & JULIE BOYER
Executive Chef.....MYCHAL KNIGHT-TIMMONS
Community SalesLAURIE 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

Due to the pandemic, this summer has definitely looked a bit different! Many State and County Fairs will no longer be taking place. However, that doesn't mean we can't bring all the fun of fairs to Sterling Heights!



As you read through this month's newsletter, I hope you enjoy reading about: Pennsylvania fairs, the history of funnel cakes, and fond fair memories from our residents.

Fair week begins the week of the 17th, so please be sure to peruse the activities section of this newsletter. During that week, you will have the opportunity to experience delicious fair foods and reminisce days gone by with playing fun games. You may even win some great prizes!

Keeping social distancing and protocols in mind, let's have Fun at the Fair!

Your Activity Coordinator,
Louise

Fun With States

On August 30, 1964, California became the most populated state in the U.S. and still is today! Can you guess the other nine most-populated states in U.S.? The answers will be on the page 2 of the newsletter.





The History of Funnel Cakes

What is more American than the great smells and tastes of food at a State Fair? One of the most popular fair foods are hot and crispy funnel cakes.

Despite debate on the true origin of funnel cakes, it is popularly believed that these crispy-fried confections were created by the Pennsylvania Dutch, a group of German immigrants who landed in Pennsylvania before the 19th century. (The first ever recipe resembling a funnel cake showed up in a German cookbook in 1879.)

The name “funnel cake” was derived from the method of squeezing batter through a funnel in a circular pattern into hot oil to achieve a dizzying pattern of crispy-fried dough. The oldest recipe for a funnel cake in an English cookbook appeared in 1935, which instructed the cook to turn “the stream around in a gradual enlarging circle” and “serve hot with any tart jelly.”

Originally served for holidays and harvest festivals, funnel cakes became a natural addition to street fairs and outdoor carnivals because of their use of ingredients that were easily available and stored at these events. Concession stands employed special pitchers with funnel spouts attached to fry up the unleavened batter. The result was an automatic hit among fair-goers, who found the fun-to-eat food irresistible.

Surprisingly enough, funnel cakes are considered a lower-calorie treat compared to other fried dough (a 6-inch funnel cake contains less than 300 calories) because the steam produced by the high water content allows the batter to expand, resulting in a light and airy texture. But extra calories have piled on over the years, thanks to an increase in cake diameter and the addition of sweet toppings such as powdered sugar, Nutella, and jam.

Funnel cakes have become a truly global delight, with cultures around the world adapting their own variations of the sweet fried dough, but one thing is certain: If you attend a state fair, chances are, you will want to eat one of these crunchy, golden treats.

Enjoy delicious homemade funnel cakes with Louise at 3 p.m., on August 19th, in the Activity Center.



A Guide to a Happy Life

No one will ever get out of this world alive. Resolve therefore, to maintain a reasonable sense of values.

Take care of yourself. Good health is everyone’s major source of wealth. Without it, happiness is almost impossible.

Resolve to be cheerful and helpful. People will repay you in kind.

Avoid angry, abrasive persons. They are generally vengeful.

Avoid zealots. They are generally humorless.

Resolve to listen more and talk less. No one ever learns anything by talking.

Be weary of giving advice. Wise men don’t need it and fools won’t heed it.

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the wrong. Sometime in life you will have all of these.

Do not equate money with success. There are many successful moneymakers who are miserable failures as human beings. What counts most about success is how a person achieves it.

— Anonymous

Answers to: Fun With States

The top 10 most-populated states in the U.S. are:

1. California
2. Texas
3. Florida
4. New York
5. Pennsylvania
6. Illinois
7. Ohio
8. Georgia
9. North Carolina
10. Michigan



Sharing Memories

Sterling Heights' residents were recently asked about their fondest fair memories from days gone by. Below are some of them for you to enjoy:

Mary T. — “A few things that stand out for me are seeing all the people attending the fair. I always loved looking at everyone ... that's what we did first when my family arrived. Afterward, we would stand in the lines to buy our tickets and then go to the game area for kids. As for the food, my family always enjoyed trying new foods each year. It was always a beautiful time.”

Doris K. — “I didn't attend many fairs in my lifetime; however, I do remember the Kutztown Fair and all the quilts, farm animals, polka bands, and dancing. I loved the quilts so much that one year I traveled from New Jersey to Lancaster, Pennsylvania, where I purchased a \$400 quilt. That was 35 years ago and that very quilt is on one of my beds in my apartment today!”

Anna Marie Z. — “The animals for sure, especially the little piglets!”

Jack K. — “I attended my first Great Allentown Fair at age 12 with my friend and both our mothers. We did this for the next 4 years; each September we got a Tuesday afternoon off from school. At age 17, I went with four friends, no parents. I enjoyed seeing all the animals and exhibits. Special interest were the very young animals, some only days old. The fair had two midways in the 1950s and lots of sideshows and food stands. The barkers for the sideshows gathered crowds and told you what you would see inside the tent. It was always a big lie. One year I won a big stuffed dog (Roscoe) by throwing a baseball and hitting a target, which released two small pigs who slid down a 10 ft. long slide and then ran back up to their cage. The dog, I gave to my girlfriend. I always ended my day with a Brass Rail cheesesteak loaded with fried onions. They were great!”

Joan C. — “Handwork exhibitions: Quilting, knitting, and woodworking.”

Charlie G. — “The music ... polka music!”

Mary Lou Capra — “The first time I ever ate waffles and ice cream was at the New York World's Fair. I will never forget it!”

Welcome New Residents!

The staff and residents of Sterling Heights would like to welcome our new residents and are proud that you have chosen our Community to be your home.

- Mary Lou Capra
- Joan Johnson
- Susan Taylor

Our well-rounded activity program has many things to offer to make your day fun and fulfilling. We have exercise classes, outings, entertainment, as well as educational and spiritual activities. Please see the activity portion of this calendar to see other activities that may be of interest to you. If there is something that you would like to see in our activity program that is not offered, please see Louise, our Activity Coordinator, to make suggestions.



AUGUST 2020

Birthdays

Shirley Reiff, 5th
Anita Brody, 6th
Jo Rogacs, 8th
Marsha Mohnar, 19th
Leonard Kochuba, 25th
Martha Gomber, 28th
Julia Smolenski, 30th

Anniversaries

Jim and Lucille
Nicholsom, 8/6/1991
Robert and Rose Marie
Hosking, 8/17/1957

Locations

Activity Room, AC
Atrium, AT
Chapel, CH
Cost For Activity, \$
Dining Room
Fireplace, DR-FP
Exercise Room, ER
Game Room, GR
Library, LB
Theater, TH
TV Lounge, TV

Breakfast: 8-9 a.m.
Dinner: 12:30-1:30 p.m.
Supper: 5:30-6:30 p.m.
Home Helpers is available
to meet with individuals
with specific concerns.
Please call to schedule
an appointment:
610-838-7494.

“A dog is
a window
to Mother
Nature.”
—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						1
						9:30 Weekend Walkers, AT 11:00 Trivia, AC 2:30 Bingo, AC
2	3	4	5	6	7	8
10:00 Tilling the Garden 11:00 Show ‘N Tell, AC 2:30 Matinee, TV	10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Seated Tai Chi/ Meditation, AC 3:00 Ping Pong Drop, AT	10:00 Stretch & Strength Exercise, AC 11:00 Bingo, AC 2:30 Matinee, TV 3:00 Bingo, AC	10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Hangman, AC 12:30 Lunch Bunch 2:00 Scenic Ride, AC 	10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:30 Bingo, AC 3:00 Movie: “Lucille Ball,” TV 	10:00 Balance Exercise, AC 11:00 Bean Bag Baseball, AT 2:30 Water Balloon Toss 3:00 Matinee, TV	9:30 Weekend Walkers, AT 11:00 Trivia, AC 2:30 Bingo, AC 
9	10	11	12	13	14	15
10:00 Tilling the Garden 11:00 Show ‘N Tell, AC 2:30 Matinee, TV	9:15 Worship Service 10:00 Stretch & Strength Exercise, AC 2:00 Seated Tai Chi/ Meditation, AC 3:00 Matinee, TV	10:00 Stretch & Strength Exercise, AC 11:00 Bingo, AC 2:00 Crossword Fun, AC 3:00 Bingo, AC	10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Craft Time, AC 12:25 Lunch Bunch 2:00 Scenic Ride, AC	10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Hangman, AC 3:00 Fishing Game, AT	10:00 Balance Exercise, AC 11:00 Bingo, AC 3:00 Music Video, TV	9:30 Weekend Walkers, AT 11:00 Trivia, AC 2:30 Bingo, AC
16	17	18	19	20	21	22
10:00 Tilling the Garden 11:00 Show ‘N Tell, AC 2:30 Matinee, TV	10:00 Stretch & Strength Exercise, AC 11:00 Ping Pong Toss, AC 2:00 Blue Ribbon Cakewalk, AT 3:00 Fun with Anagrams, AC 	9:00 On-Site Dermatology 10:00 Stretch & Strength Exercise, AC 11:00 Bingo, AC 2:00 Balloon Darts, AC 3:00 Bingo, AC	10:00 Seated Tai Chi/ Meditation, AC 11:00 Outing: Farmer’s Market, \$ 2:00 Scenic Ride, AC 3:00 Homemade Funnel Cakes, AC 	10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Flower Arranging, AC 3:00 Matinee, TV	10:00 Balance Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Craft: Watermelon Mason Jar Glasses, AC 3:30 Lemonade Social	9:30 Weekend Walkers, AT 11:00 Trivia, AC 2:30 Bingo, AC
23	24	25	26	27	28	29
10:00 Tilling the Garden 11:00 Show ‘N Tell, AC 2:30 Matinee, TV	10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Seated Tai Chi/ Meditation, AC 3:00 Sunflower Craft, AC	10:00 Stretch & Strength Exercise, AC 11:00 Bingo, AC 2:00 Sunflower Craft Part 2, AC 3:00 Bingo, AC 	10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Crossword Fun, AC 12:30 Lunch Bunch 2:00 Scenic Ride, AC	10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Bean Bag Baseball, AT 3:00 Matinee, TV	10:00 Balance Exercise, AC 11:00 Bingo, AC 2:00 Resident Store 2:30 Matinee, TV 	9:30 Weekend Walkers, AT 11:00 Trivia, AC 2:30 Bingo, AC
30	31					
10:00 Tilling the Garden 11:00 Show ‘N Tell, AC 2:30 Matinee, TV 	10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Seated Tai Chi/ Meditation, AC 3:00 You Be the Judge, AC					



The Coronavirus doesn't slow our residents down as we adapt to ever-changing times. As we move through different phases of the pandemic, we have learned how to social distance, adapt to masks, and keep our class sizes to a minimum. We strive to live our lives to the fullest by shaping our activities with a new version and keeping things fun!



Frank enjoys a homemade cupcake at the Father's Day Dinner.



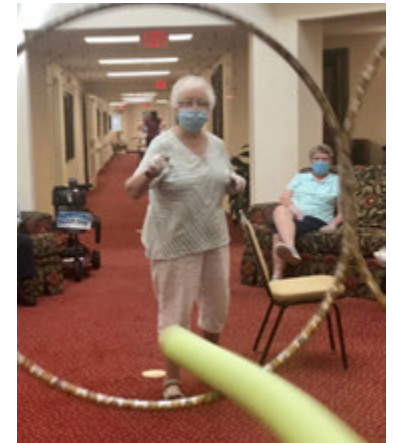
Lucille expanded her creativity making cards.



Strawberry Sundaes brought a smile to Bob.



Louise's nails looked beautiful after spa day!



The Javelin Throw had Loraine at her best!

Historic Happenings in August

August 8th: On this day in 1988, Wrigley Field lit up for the first time and the Chicago Cubs hosted the first nighttime baseball game in the history of the stadium.

August 11th: The Dog Days are the hottest days of the year in the northern hemisphere. They usually fall between early July and early September, but *The Old Farmer's Almanac* lists the traditional timing of the Dog Days as the 40 days beginning July 3rd and ending August 11th, coinciding with the ancient rising of the Dog Star, Sirius.

August 12th: T. Rex Discovery Day — Sue, the largest and most complete *Tyrannosaurus rex* skeleton found to date, was discovered by Sue Hendrickson in South Dakota on this day in 1990.

August 13th: Taxi Day — The first motorized taxicab appeared in New York City on this day in 1907. The word 'taxi' is named after the taximeter — the device used to calculate the fare by automatically recording the distance traveled.

August 15th: The Woodstock Music and Art Fair opened on this day in 1969 in an alfalfa field in Bethel, New York. The three-day rock concert featured 24 bands and drew a crowd of more than 400,000 people.



Pennsylvania State Fairs

For countless years, the state of Pennsylvania has provided families a great opportunity to visit more than 100 fairs where you have the opportunity to experience the state's culture, food, and ability to learn more about state traditions.

No matter what part of the state you live in, there is sure to be one nearby your city or town. Whether you are looking for a small local fair, a Pennsylvania county fair, or the Pennsylvania Farm Show, Pennsylvania fairs are a great time for the entire community to come together.

Pennsylvania fairs also feature a wide variety of competitions. Whether you are interested in the blue ribbon apple pie, the most beautiful rooster, or the largest pumpkin, there's a competition for you at your local fair.

Many fairs have beauty pageants with the winner being crowned the fair queen and going on to compete for the title of Pennsylvania Fair Queen.

All fairs feature a variety of performances by local and regional acts. Typically these are musical acts, but there are also dancers and magicians as well. Larger fairs also bring in national musical artists and celebrities.

Many fair-goers enjoy the incredibly delicious food, but one thing is for sure, you can throw healthy eating out the window. While typical fair foods like corn dogs, French fries, funnel cakes, and pizza can be found nearly anywhere,



there is almost always a local favorite that everyone is craving.

A few notable fairs in Pennsylvania are:

The Pennsylvania Farm Show in Harrisburg,

Pennsylvania: Always held in January, this fair is entirely indoors and is the largest indoor agricultural event held in the U.S.

The York Fair in York, Pennsylvania: This fair is the oldest fair in the United States. It has been held since 1765 and is one of the most popular fairs in south-central Pennsylvania.

The Bloomsburg Fair: Over 160 years old, the Bloomsburg Fair is one of the largest fairs on the east coast drawing more than 400,000 people each year.

The Great Allentown Fair in Allentown, Pennsylvania: Located in the Lehigh Valley, the Allentown Fair was first held in 1852 making it one of the oldest Pennsylvania county fairs. It is also considered one of the state's largest fairs.

August 17th: Davy Crockett was born on this day in 1786 in Limestone, Tennessee.

August 21st: Hawaii becomes a state. President Eisenhower proclaimed Hawaii the 50th state in the U.S. in 1959.

August 22nd: Swimmer, Diana Nyad was born on this day in 1949. Nyad, a long-distance swimmer first gained notoriety after swimming around Manhattan in 1975. On September 2, 2013, she became the first person to successfully swim from Cuba to Florida without the benefit of a protective shark cage.

August 24th: Mt. Vesuvius erupted on this day in AD79 and buried the cities of Pompeii and Herculaneum. The volcanic ash preserved the remains of Pompeii and scientists have been able to determine what life was like at that time in Rome.

August 28th: The Beatles appeared on the cover of *Life* magazine for the first time in 1964. John, Paul, Ringo and George were all smiles on this issue, which sold for 25 cents.



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is staying apart,
we are coming
together.

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