

THE RUNNER



All About October

OCTOBER IS THE TENTH MONTH OF THE YEAR AND IS ONE OF SEVEN MONTHS WITH 31 DAYS. October's name, containing the Latin word octo, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

BIRTHSTONE – OPAL

October's birthstone is the opal, a beautiful and versatile gemstone. Opals are primarily found in Australia, Eastern Europe, South America, and even on Mars, according to NASA!

Because opals diffract light, they come in almost every color imaginable. Depending on the different properties that were present when it was made, the stone can take on a wide variety of hues. Reds and blacks are the rarest, while whites and greens are the most common. An opal that doesn't show any color is known as potch or common opal. Opals are opalescent, meaning they appear milky or opaque.

Throughout the ages, the opal has been associated with vision.

Continued on page 3

Inside This Issue

PAGE 2

Resident Council Report

PAGE 5

Chaplain's Corner

PAGE 9

Trips & Special Events

PAGE 10

Community Announcements

PAGE 12

Monthly Diaries

PAGE 28

The Atkinson Files

PAGE 32

A Night at the Movies Program

PAGE 43

It's Puzzling



Resident Council Report

Paul's Run Report to Resident Council and Resident Community

Katrina K. Wise, Vice President, Executive Director

September 13, 2018

CENSUS	Independent Living	90.1%
	Personal Care	94%
	Nursing Home	99.2%

DEPARTMENTAL

Administration

- Inspiration Board
- Pet Policy
- MED Return Box will be installed
Friday, August 10th

Dietary

- The Food Advisory Committee meeting will be held on the first Wednesday of every month at 1:30 pm in the Board Room for Food Committee Members. Dietary issues are addressed at this time.

Community Life

Upcoming in October:

- 10/5 Morris Arboretum
- 10/10 Health Fair Main Lobby 10am-12noon
- 10/12 Lunch and Learn
- 10/12 Perkins & movie
- 10/17 Oktoberfest Dinner and Entertainment
- 10/19 Peddlers Village Scarecrow Fest
- 10/24 Birthday Dinner
- 10/26 Parx Casino
- 10/27 Halloween Trick or Treat 930-1130
- 10/30 Breast Cancer Walk 10am Main Lobby
- 10/31 Staff and Resident Costume Party

FACILITIES

- All windows will be completed on Friday.
- Screen replacement in the A bldg. will start today.
- Coming soon - disaster drill in health care and evacuation of residents. We will be asking for visitors to stay away on that morning - date to be determined.

CHAPLAIN'S NOTES

- Evening prayer is M-F 3:45 in the chapel
- Prayers for Peace Weds at 12:00 in the chapel
- 4th Thursday Mass is at 10:15 in the auditorium
- Holiday Service Schedule will be posted with information for all upcoming services.

LIBERTY WELLNESS

- As cold & flu season approaches and we highly recommend if you are not feeling well that you rest in your apartment until you feel better. Also, handwashing is the best protection. The resident nurse is available if you need assistance at 215-934-3000.

All About October (*Continued*)

In the 14th century, it was called the ophthalmius, or “Eye Stone,” as it was believed to strengthen one’s eye sight. Ancient Greeks thought an opal honored its wearer with the gift of foresight and prophecy.

FLOWER OF THE MONTH – CALENDULA

The calendula, commonly referred to as the pot marigold, is a hardy little flowering plant that can thrive in all kinds of climates. Although native to the Mediterranean region, they can be found all over the world.

Calendula has many medical uses and has been taken as a natural anti-inflammatory throughout the years. This golden-yellow flower also has a place in the kitchen as well as in the medicine cabinet—calendula petals can be eaten and have been used to color cheeses.

The origin of the calendula’s name remains unknown, but there are many possible explanations. Some researchers speculate that its common name, marigold, refers to the Virgin Mary. This is because early Christians would frequently lay these beautiful flowers next to statues of the Virgin Mary in remembrance.

WHAT’S LUCKY IN AUGUST?

Lucky Colors: Orange and Burgundy

Lucky Days: Monday and Thursday

Lucky Numbers: 3 and 9

Lucky Letters: O and R

Lucky Plant: Pumpkin

BE-LEAF IT OR NOT,

OCTOBER’S IN THE AIR

While some Octobers mark the first frost of the winter to follow, within days this month rebounds with warm, near-summer-like weather. It is during these late summer days that farmers rush to harvest the last of their crops. According to *The Old Farmer’s Almanac*, the best days for harvesting aboveground crops are October 15 and 16 this year.

The ancient Romans celebrated this harvest season with festivals throughout the month. October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant color, with leaves that change color before falling to the ground in a carpet of yellow, brown, orange, and fading reds. These colorful deciduous trees include the following species:

- Red Maple (red leaves)
- Tulip Tree (bright yellow)
- Sugar Maple (red or yellow)
- Sassafras (deep orange or bright yellow)
- Sourwood (red, purplish red, or yellow)
- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)



Chaplain's Corner

TOM LANDRY, THE LEGENDARY COACH OF THE DALLAS COWBOYS, was asked one year by a friend, "How many of the players on your team have the potential to become AllPro?" Landry replied, "They all have the potential to become All-Pro. But only about two or three will continue to develop their skills to the point where they will be recognized by the league and reach All-Pro status." He went on to explain that most will reach a certain level of competency and then become content. Others begin to lose their passion for playing the sport and begin to just go through the motions.

As an organization and community we are blessed with an AllPro team. Residents, families and staff committed to improving and excelling. Team members with a passion for what they do. It is passion that creates the energy and desire to improve.

It is passion that generates creativity.

As chaplains, we are passionate about meeting the spiritual needs of our residents, staff and families. A primary function of the chaplain is to provide comfort and encouragement. We work hard at building relationships and becoming more effective in serving people of different faiths, and people who are different ethnically, socially and economically. As chaplains, we are blessed with many opportunities to try to relate and minister to many people.

In keeping with tradition, we strive for an AllPro team of chaplains. Please join me in welcoming our newest chaplain, Rabbi Steve Brown. Rabbi Steve will begin on October 1st and is looking forward to sharing his passion for chaplaincy with the residents, staff and families of Paul's Run.

Paul's Run Gratefully Acknowledges the Following Tribute Gifts

made between August 17, 2018 – September 16, 2018



In Memory of:

Robert Cohen

By Mr. and Mrs. Jeff Brown

Josephine Finocchio

By Ms. Angela Roberts
Ms. Jennifer Kukulich
Ms. Lisa J. Savitt
Mr. and Mrs. David C. Gallo
Mr. and Mrs.
William C. Wilke

Jeanette D. Lyons

By Ms. Joanne Gordin
Ms. Miriam Greenwald
Ms. Susan Brenner
Mr. Barry Kushner
Mr. Arlene Fein
Mr. and Mrs.
Bobbie S. Marder
Mrs. Barbara Fierstein
Ms. Sarah Brennan
Ms. Pamela Altman
Ms. Paula Slomsky
Friends of Plymouth Meeting



PLEASE HELP US raise funds that will enable specially trained staff to continue to transform the lives of memory-impaired older adults through the magic of music.

Music and Memory, a program that provides an iPod and personalized playlist of songs according to the unique preferences of each listener, is changing lives at Paul's Run.

To expand the benefits of this critical program, we are in need iPods, headphones, and iTunes gift cards. Please remember us during the upcoming fundraising campaign "Music & Memory." We will also accept gently used iPod Shuffles and/or Nanoss.

To make a monetary donation, please visit www.fundly.com. Purchase iTunes gift cards (lowest denomination - \$10) by going to www.apple.com.

LOVE TO READ & SHARE YOUR THOUGHTS WITH OTHERS? JOIN THE PAUL'S RUN BOOK CLUB.

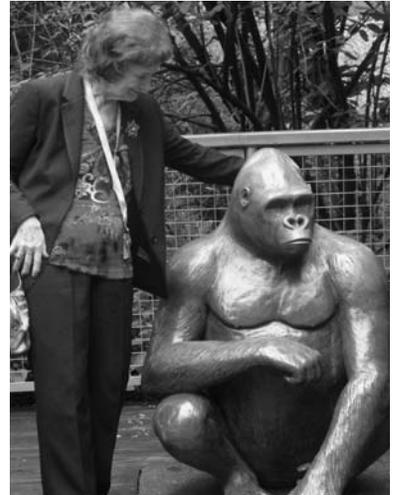
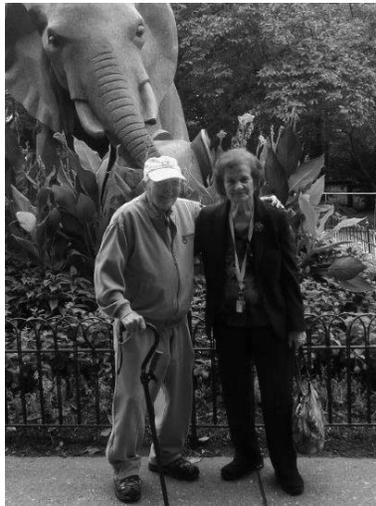
WE MEET EVERY OTHER WEEK AT 3PM IN THE LIBRARY.

CHECK THE CALENDAR FOR UPCOMING DATES.

The PC Periodical

“EVERY GREAT DREAM BEGINS WITH A DREAMER.”

Morton Horrowitz’s dream of visiting the Philadelphia Zoo to see the tiger exhibit came true with the help of Personal Care’s Dreamcatchers program. Morton, along with his friend and staff enjoyed a day filled with laughs and smiles as they saw the wild animals, including the famous tigers, and enjoyed a lunch together.



The Health Care Herald

A RESIDENT FROM THE HEALTH CARE COMMUNITY ACCOMPANIED OTHER RESIDENTS FROM PAUL'S RUN TO JEFFERSON HOSPITAL. The group delivered knitted caps as part of the communities "Homer's Heroes" project. Jean, the resident from Health Care has been knitting since she was just a little girl and made small caps to fit infants who are born premature. The staff at Jefferson was very appreciative for the donations and the group looks forward to their next project!



In the Month of October

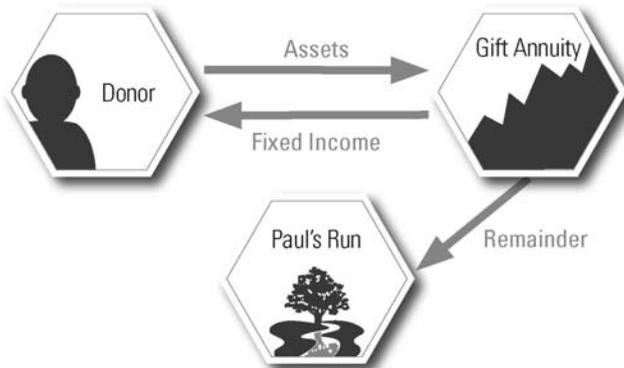
- 10/4 WAL-MART
- 10/5 BEN & IRV'S LURCH TRIP
- 10/11 MORRIS ARBORETUM TRIP - \$17 PER PERSON SEATS ARE LIMITED TO 10 RESIDENTS PLEASE SIGN UP ASAP NO WALKING WE WILL USE GOLF CARTS TO SEE THE AMAZING GROUNDS
- 10/12 PERKINS & MOVIE
- 10/18 STEINMART, BED BATH AND BEYOND & ROSS
- 10/19 PEDDLER'S VILLAGE SCARECROW FEST
- 10/25 MICHAEL ANGELO'S LUNCH TRIP
- 10/26 PARX CASINO

Please sign up for all trips in the Library.



Community Announcements

Rate Increase for Charitable Gift Annuities

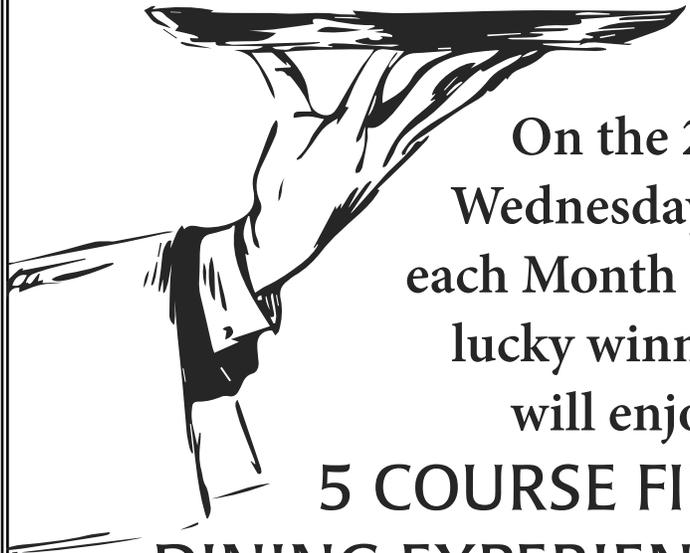


Looking for a way to support Paul's Run AND receive dependable cash flow for life, regardless of fluctuations in the market? Now is the time to consider a Charitable Gift Annuity (CGA) to Paul's Run. Starting July 1, CGA rates are increasing.

To show how this benefits you, let's suppose Winnie, an 87 year old resident at Paul's Run, wants to set up a CGA of \$100,000. The current rate of 8.2% for a single annuitant age 87 increases to 8.7%. By waiting until after July 1, she receives \$8,700 annually instead of \$8,200.

If you are interested in learning more about CGA's, call Patty Cline at 267-464-7720.

PAUL'S RUN DINING SERVICES PRESENTS CHEFS TABLE



On the 2nd
Wednesday of
each Month our
lucky winners
will enjoy a

5 COURSE FINE DINING EXPERIENCE

Enjoy a wine paired evening cooked table side by chef Jeff in a private setting with personalized service.

Seven lucky winners will be drawn at the beginning of each month from our suggestion box and notified personally.

Your feedback not only helps us improve our customer service, but enters you a chance to win. Don't forget to put your name on your card and good luck!

ENTERTAINMENT FOR IL IN SEPTEMBER

10/7 Joyce Ladley –
Presenting –Immigration
Today

10/10 Lorri Woodward

10/14 Jill Salkin

10/21 Joey Joy

10/24 J.T Trinacria

10/28 Philly Senior
Stage –Songs of the Silver
Screen – The greatest hits
of Hollywood

10/31 Anil Veeraraj

MAIL ISSUES

Residents are asked to return to the receptionists any misdirected delivery from the United States Post Office.

The receptionists will assure it is returned to the Postal Worker for delivery to the correct recipient.

Community Announcements

**KRISPY KREME DONUT SALE EVERY FRIDAY
AT 10AM GLAZED & ASSORTED DONUTS \$1.00**

RITA'S WATER ICE IS BACK!

RITA'S WILL BE STOCKED IN THE GENERAL STORE
FREEZER EVERY WEEK WITH 1 SUGAR FREE AND 2
ASSORTED FLAVORS.

- 10/10 **HEALTH FAIR MAIN LOBBY
10AM-12NOON**
- 10/12 **LUNCH AND LEARN -MUSIC
AND THE BRAIN**
- 10/17 **OCTOBERFEST DINNER AND
ENTERTAINMENT**
- 10/24 **BIRTHDAY DINNER**
- 10/27 **HALLOWEEN TRICK AND TREAT
930-1130**
- 10/30 **BREAST CANCER WALK 10AM
MAIN LOBBY**
- 10/31 **STAFF AND RESIDENT COSTUME
PARTY**

**BRIDGE CLUB MEETS TUESDAYS AT 1PM IN
THE RECREATION ROOM**

TIME CHANGES FOR WEDNESDAYS TRIPS

ACME TRIP TO 10AM

NESHAMINY MALL TO 12:30



**We
love
volunteers!**

**We welcome you to share
your talents and hobbies with
the residents! Here are a few
opportunities:**

- | | |
|---|---|
| <input type="checkbox"/> Friendly Visits | <input type="checkbox"/> Companionship |
| <input type="checkbox"/> Craft Activities | <input type="checkbox"/> Exercise Class |
| <input type="checkbox"/> Brain Games | and more... |

Contact Elizabeth Rodgers in
Community Life for more info
by phone, 215-934-3043, or
email elizabethr@paulsrun.org

THE HOLIDAYS ARE COMING: Just some packaging reminders

It's always good to review how to send those packages correctly.

Packages can be sent using many different couriers, USPS, UPS, FedEx, and the ever popular Amazon Delivery Service.

Contents should not weight more than 70lbs. Anything heavier will be considered freight and will cost more to ship.

Measuring a package

Girth is the distance around the thickest part of the package. In most cases, the maximum length and girth is 108 inches.

Dimensional (DIM) Weight pricing calculates shipping costs based on the space a package takes up, a combination of length, width and height, as well as its weight.

Packing the Box

When you mail a package, choose a sturdy box with enough room for cushioning materials around the contents to protect fragile items and prevent items from shifting.

Tape your boxes shut and reinforce the seams with 2-inch wide packing tape. Do not use cord, string, or twine because it gets caught in the deliveries processing equipment.

Addressing & Labeling

- Print complete and correct addresses, clearly in capital letters with a pen or permanent marker.
- Do Not use commas or periods.
- Include the Zip Code plus 4, whenever possible.
- Mark the package “Fragile” or “Perishable” when appropriate.
- If you are reusing a box, make sure all other addresses are covered or blacked out.
- Affix sufficient amount of postage or other labels to avoid delivery delay.
- If you have moved in the past year, please check your mailing and return address so it reads with your correct apartment number.

Courtesy of Be Informed and your United States Postal Service

Monthly Diaries

October 2018 Monthly Diary

By Jack Birnbaum

A VISION MYSELF AND OF AMERICA

Today I saw myself in a way that I never had before as a captive to my creativity
Enmeshed in the words I wrote, a slave of emotion unable to disengage or be free
I found myself alone with my thoughts and fought my way through images fraught
with founding father virtue and complex conceptions of original sin all for naught
As the creative process took me from reality through the girded loins into a birth
from a poetic vortex of mind racing back in time to the 1770's with a newer earth
breeding forth an epic picture of philosophy, America and of those many a patriot
Who as midwives in the emergence of this Immaculate democracy a very-new tot

The subject of this creation, you might never guess was POTUS, 45th president,
In defense of our extraordinary Constitution to which POTUS is not an adherent
Excepting for the second amendment, saluting the flag, POTUS takes umbridge
As with legal constraint, balance of power impinging on his executive privilege
To be at par with Putin (no collusion) as his role model for the office of President
As he admires a strong President (no Collusion) characteristically, as is his intent

Less you think my view of POTUS is based solely on the facets of personality
I call to your attention September 2018 diary V, to compare his record in reality
If virtue is freedom his score when calculated would be close to one of slavery
The founding fathers would I believe see his views as anti- virtue and of knavery
Take heed America this attack on virtue is a force Royal, by nature imperialistic
As is this Lord of business cloaking himself in greatness and masked as messianic

Monthly Diaries



October 2018 Monthly Diary I

By Jack Birnbaum

EMOTION- LOGIC ; FRIEND OR FOE

When I think of something logical it is clearly something that is from the mind
Emotion on the other hand jumps straight, I mean straight, from the gut, I find
Either one provides me stimuli usually an urge which catapults me into action
In the case of logic an idea which cries out to me for follow up, gaining traction
As sometimes happens an urge to write begets a poem and now becomes an idea
And as such the urge grows until becoming a tree. casting a shadow offering shade
Whilst the idea attached to the trunk by a limb turns into a fruit to make lemonade
A beverage designed to provide sustenance, anatomic relief with much pleasure
Changing what seemed an ordinary garden into a shimmering aesthetic treasure

I watched a movie which unexpectedly aroused emotion and that gave me an idea
The film was called Frontera about living in desperation with hope along with fear
It portrayed huddled masses seeking hope and haven, facing forces beyond control
The film displayed behavior empathetic and base, the variations within men's soul
In viewing it I recalled, on return after WWII, my first sight of our Lady Liberty
I remembered my parents speaking of its sight as their very first taste of being free
Now I reprised those emotions over the course of the film, I walked in their shoes
How do I reconcile this emotion with President Trump's wall as well as his views?

The problem is, to reconcile POTUS views with the Declaration of Independence

Monthly Diaries



October 2018 Monthly Diary I (*cont'd*)

By Jack Birnbaum

As this idea sprang from our founding fathers was transferred to us as dependents
There is not a mention of merit in the document or of any impediments, as a wall
So, in empathy entry should be allowed as qualified, all men are being equal, to all

Monthly Diaries



October 2018 Monthly Diary II

By Jack Birnbaum

MY PLEDGE OF ALLEGIANCE

I write and research the beginnings of man, a creature in human society
I probe environment, its natural state, or bent by mans laws of propriety
Modes of behavior noble or base, are applied by men singly or in groups
Over the centuries those behaviors have defined and labeled mans troops
Nations monarchal, theological, autocratic and in a combine, democracy
Men continue to be governed by heretic values, long part of their history
In parts of the world some are tethered to many an unresolved situation
America not tied, led our fathers to beget the Independence Declaration
If we are to remain free, we must re-commit to those unalienable rights
When in the course of human events we must for them say, we will fight

No man not a King or a President, can disengage America from this goal
We must, as the colonists did in 1776 reclaim these words, our very soul
This President has not a mandate to remake America to something cold
He or his cohorts cannot remake the dreams of my father into fool's gold
The power is as Lincoln said, is rule of, by, and for, the people by a vote
In November our rule is clear, our role is of the Declaration to take note
Those words our nations guide, not the divisive rhetoric of this president
Rather the six pillars of George Washington into perpetuity, as his intent
We shall vote for equality, defined by the words of Jefferson, our legacy
That has coursed through the veins of our democracy, a glorious country
We shall not be deterred, reaching out to attain those fruits of our liberty

Monthly Diaries



October 2018 Monthly Diary III

By Jack Birnbaum

REFLECTIONS ON AILMENTS, FELLOWSHIP AND MORTALITY

Some days we awaken and feeling that today is going to be much less than average
A cough, a snuffle or a rash, your feelings are reflective of a developmental stage
As a pre-school kid, you grumble at being confined and unable to go out and play
You chafe at the restrictions no matter the length, absolutely sure it'll end one day
While in grade school you might view it as imperfect, but a vacation, none the less
You expect a quick return, but at high school feeling ill poses questions, I confess
Can you reclaim the knowledge, as time lost due to illness is now, less predictable
But all those opting out or not, face a mortality shadow nearer the rehab time-table

As young adults in vocations or continued college education, you want to feel good
Being ill affects the road to maximize opportunity throughout all of ones adulthood
Young adults use physical fitness and diets to avoid and to repel many an affliction
Each passing year puts mortality more in focus, illness the enemy. like an addiction
Joining medical Science another ally as mankind notes mortality over its shoulder
Although held at bay, while we enter seniority mortalities shape is large and bolder

As seniors we have wisdom which we can use to view mortality, as not just a foe
It is not a stranger we have witnessed situations be peaceful as is the falling snow
It's allowed us to see it as refracted via the eye of fellowship present at Paul's Run
I can't count the many laughs I've enjoyed with other residents an avalanche of fun
I cannot conceive of other as our experiences here are prologue into the final place
We will be escorted through mortalities majestic arch into a world yet full of grace

This legacy of wisdom from George Washington should now our criterion, be
To our expectations of what is required to conduct the leadership of our country
As in about two months we have elections, evaluations will indeed come into play

Monthly Diaries



October 2018 Monthly Diary III *(cont'd)*

By Jack Birnbaum

In a real sense voter will be evaluating the Presidential policies on this given day
A better tool of evaluation than this legacy has never before been made available
Than Washington's prototype and very applicable criteria which is now on the table
I, for one will make use of it too confirm my judgement, very important to me
But whatever you do the most important thing to do is to vote your choice and be
an active citizen in our blessed land and to confirm your commitment to being free

Monthly Diaries



October 2018 Monthly Diary IV

By Jack Birnbaum

A PERCEPTION - LIFE AND THE CHANGING OF PERCEPTIONS

As we move deeper into life, experiences and knowledge impact our perceptions
In childhood I, like most would eagerly absorb life's wonders through injections
Of sounds, colors, the world of games, dogs and cats, plus loving touches, galore
An aura of laughter, albeit at times tears, days were short with a promise of more

Now came school with days crammed full of learning, still seeking time for play
For some dedicated to learning it would mandate lesser time to play on each day
While those without a learning curve cultivated games perusing leisure sans fear
Bred on perception that opportunity would follow them and subsequently reappear
As time with changes in technology requires more knowledge lessening those odds
And lack of advanced credentials, barring genius, marks some as academic retards

The worlds of vocation brings with it hopes of fulfillment, as well as for success
For those attaining both allows for a merger of social and business with less stress
Promoting fraternal perceptions and the sharing relationships filled with empathy
Those gaining success compete for status, power, use elegance to more ornate, be
As those of limited success enviously struggle to climb upward on the status tree

Now to retirement we all have gathered experience and knowledge over the years
And its now wisdom in a community where our experiences have made us all peers
So, it is my hope that each of you will do what in this article I have attempted to do
To have each of you share this wisdom in community so we're able learn from you

Monthly Diaries



October 2018 Monthly Diary V

By Jack Birnbaum

THE CONSTITUTION AND POTUS

It would seem to me that POTUS and the Constitution are not as a happy bedfellow
At inauguration sworn to uphold and defend it, of the 2nd amendment he is mellow
When it comes to the freedom of the press to those who oppose, he proposes libel
Like sedition used in America in 1787 by autocratic leaders and deemed unreliable
Upholding free speech, a yes to racial rioters, a no to a black protest, non-violently
His non- action Charlottesville is contrary to the “insure(ing) domestic tranquility”
Wording of the Constitutions preamble, his divisive action has evoked uncertainty
Of “to form a more perfect Union and establish Justice” as a path to our being free

POTUS reads checks and balance aren't relevant to review an executive decision
He has raised questions in general about the judicial competence for such a mission
He has stated that judicial review isn't needed when the decision concerns security
However, in such cases and in all cases judicial review is not content, just legality
Mr., Trump often castigates illegal Mexican immigrants being rapists and criminal
Denying their right of due process he then claims it, as accusers him names, do call

POTUS claimed election fraud, allowed a scan of common minority names by state
With a variety of tools, and no verification many a name was thrown from the slate
Fraud a federal crime punishable but none of those miscreates was brought to trial
Was this fraud only voter suppression? A crime in a democracy which is most vile
A chance for you Mr. Trump to keep your Constitutional vow and right this wrong
If not, in” balancing a scale with two hands” the electorate, will change the song

Monthly Diaries



October 2018 Monthly Diary VI

By Jack Birnbaum

WASHINGTON'S GUIDELINES AND MY VOTE

In September of this year I wrote of George Washington farewell legacy to the American people, a guideline of what we should require from our Presidents of the future to ensure our freedoms in perpetuity

In that article I also wrote that I be using Washington's guidelines to decide on my vote on his programs in this year's election. I am doing this only to show my reasons for my vote, not to persuade you how to vote. No matter how you vote, I hope to persuade you to vote!

Pillar 1 National Unity-Join it or die

President Washington called for the recognition of shared experiences as guidance toward unity. This President however, responded by rejecting our common experience and viewing it as a law and order issue; which does not foster sharing but instead creates division. One such example Constitutionally relevant, was the Confederate monument riot in Charlottesville where racial groups protesting the removal of monuments that were viewed as racially offensive, attacked counter demonstrators. This President chose to ignore the common experience and support their "historical significance", a most divisive decision. The second was a non-violent protest by Black Professional football players against unjust prosecution of Black people by refusing to stand for the National anthem, again this President chose to charge the protestors as being unpatriotic to the flag, ignoring the common experience and again, fostering division.

National unity was also not in play with his derision of those handicapped, or women, or Moslem men or women, or prisoners of war whose experiences were not shared by this president or contributing to national unity.

Pillar2 Political Moderation

This President has, in addition to those politics decried in the Washington program, has made use of contemporary techniques, namely "fake news" and "alternate facts" to intensify factional disputes. These, plus the use of another contemporary device, the twitter, have in fact, increased factional dysfunction in this Presidency.

Pillar 3 Fiscal Discipline

Monthly Diaries



October 2018 Monthly Diary VI (cont'd)

By Jack Birnbaum

While this President has made use of one of Washington's precepts and budgeted to prepare in advance, he has in several instances threatened the use of force bringing us o the very brink of war. In addition, this President is committed to two projects with heavy fiscal cost, the construction of a 26-billion-dollar border wall, and major infrastructure upgrades (no cost estimate) without reliable designated sources of revenue.

Pillar 4 Virtue and Religion

This President, unlike President Washington, has faced character questions during his term in office. His character as a result of citing fact have not withstood tests of verification in a good many instances and as such the virtue of his policies is questionable. In at least one instance, his policy of separating immigrant parents and children was adjudicated as illegal and is I believe, as do most others, is clearly immoral and without virtue.

Pillar 5 Education

President Washington states government is the recipient of his opinion for guidance and I believe that if a President consistently presents inaccurate or misleading information. as he has, his leadership must be rejected.

Pillar 6 A foreign Policy, Independence, Peace

President Washington advocated peace and harmony to all and neutrality but if nations choose not to respect our rights with justice and counsel we would make a call.

This President has made a call to be hostile to allies who respect our rights and to offer peace to those who are hostile to our rights

I, as a voter have assessed President Washington's guidelines on the Presidency and assessed this President Trump's, performance in the light of those guidelines.

I do not believe President Washington would support President Trump, nor will I

Monthly Diaries



October 2018 Monthly Diary VII

By Jack Birnbaum

THE WORLD OF TRUMP

Waking to a world run by Donald Trump is a continued saga of bruises and lumps
A misspelled swarm of vitriolic tweets alongside invisible walls and policy jumps
As well as a smattering of conspiracies topped by garland of absolute no collusion
All become recipes in the daily menus served up by this master chef of confusion
The funeral of John McClain, tragic, was a reminder of our lives before Mr. trump
Presidents spoke presidentially in compassion rather than a salesman on the stump

We were in receipt of values and faith, not by self-serving slogans to make us buy
Our democratic precepts were on display not, “fake news” supported often by a lie
Is it possible not to live in a world of unalienable rights, then one of alternate facts?
Is it right for America to lessen the rights of children, or to “lower” an income tax?

A focus on equality, social justice, a part the bill of rights is labeled, as unpatriotic
Global warming on strong evidence and disaster events was taboo as a policy topic
Freedom of the press has been threatened and dissent is reviled to be Pollyannaish
Immigrants are degraded as being criminals, serial immigration is rejected as fetish

So, Trumps world sees the Constitution as being an impediment for a CEO to rule
The founders designed it to avert executive power using a check and balance tool
As Lincoln said to ensure democracy’s duration is by the governed, with the vote
This vote needs attention, our endurance demands thought, and not be done by rote

Monthly Diaries



October 2018 Monthly Diary VIII

By Jack Birnbaum

ABOUT LEADERSHIP

Today I heard POTUS expound of his view of America as a land now on the rise
This exposition as I had expected praised our power, newly gained, not a surprise
Praised our military might, assuring all that in this administration, was here to stay
Boasting his leadership had made it so, but my father and I we see it another way
Our vision, that of the founding fathers and others, America is founded on a dream
Commitment to democracy, to liberty and to equality, these hopes are our strength
Toward the achieving of these goals we are committed, no matter what, the length
The Constitution and the Independence Declaration have set forth a clear direction
Sworn to be upheld faithfully fully by each succeeding president without deflection
President Jefferson opined that government is designed for taking care of people
Lincoln called for unity of purpose, a total participation in this democratic steeple

The American people will face a decision as to the direction of our ship of state
Not unique as even 1776, a group of colonists, Tories opposed a revolutionary fate
And every two or four years we select those whom we entrust to lead in a direction
They serve at our pleasure, are pledged to carry out subject our review and election
Abe Lincoln posed question as to whether a nation so dedicated could long endure
Franklin Delano Roosevelt cited fear an enemy to a wounded nation under pressure
Over two hundred years the electoral process has reflected the will of the electorate
Not that there were not attempts made to represent the few as the voice of the state
To validate the voices of our founding fathers we must all exercise the right to vote
To do less ts an affront to ones who died for that right relegating them as a footnote

Monthly Diaries



October 2018 Monthly Diary IX

By Jack Birnbaum

MY FAITH- MY CREED

I have in ninety- two years of life learned to love my country and for what it stands
I have become what I am because of opportunities plus a plethora of helping hands
In life I faced challenge, uncertainty, inspiration, discouragement and even success
I learned as a member of a family, part of a religion, an ethnicity, an urban address
I laughed and cried with friends of color, mingled & worked with of many a class
Took part in community and social life and talked and argued politics, it was a gas
I made mistakes, I did thing right, some things unfinished, some I'd do over again
And that all I was and all that experienced was a legacy of one small group of men
They were called the founding fathers and because of them I became an American

However, being American is not perfection not all of us have experienced it equally
The founding fathers had recognized as a commitment to carry it on into perpetuity
The task now falls to this president unlike first President Washington as he can be
Washington a moderator a conciliator, Trump factionally divisive beset by hostility
It would be the task of public opinion re the vote and restate our faith In our history
Advise this President the America I and Washington grew up in, takes precedence
By embracing moderation, rejecting division, a return to unity using common sense
These are the values embraced by Washington, Lincoln and my own father as well
The values of malice toward none charity to all, Washington's Pillars ring the bell
Signaling our faith and our commitment to liberty, equality and to its perpetuation
Such values led my Dad to America, and make me proud to be a part of our nation

Monthly Diaries



October 2018 Monthly Diary X

By Jack Birnbaum

A CRITIQUE

I recently attended a program at Paul's Run which was advertised as a violin performance and since I am an admirer of this splendid instrument, I decided I would like to partake of this performance. When I entered the auditorium, I was not to pleased when I found out the violinist was a child, who I was informed later was nine years of age, and had been playing the violin for about three years. My prior experiences with violinists in this age range at this level of experience led mw to expect the tortures of scratchy tones, uncertain intonation, and disconnected phrasing which often result in recitals by young violinists with such a profile. Well I couldn't have been more wrong.

The young violinist Hannah was introduced by her father Joseph Gottesman, himself a musician and the son of resident Barbara Gottesman. He in turn introduced his wife Hakia, a former concert pianist, who was to be the accompanist for Hannah. Hannah in a small quiet voice introduced the first selection, which I was not familiar with her selction but when she picked up her violin and played. I was however, very familiar with the full-bodied sound of a concert violin which was emitted from her bow onto the strings of her instrument. The sounds belied her youth as well as her shortness of experience with the instrument. The intonation was splendid, partly resulting from being taught, but mainly I believe, it is the gift of talent, and perhaps a result of genetic infusion. The musical phrasings were far superior to any I expected from one this age and little experience, showing a promise with maturity of reaching an elite stage. She used advanced techniques of bowing and pizzicato both expertly as well as musically. This was in short, a tour de force with a promise for the future.

So, my advice to those residents of Paul's Run who missed this performance and are of the persuasion that a good musical experience is not to be missed. Keep your eyes open in the hope you will have another opportunity to see Hanna Gottesman. You can be sure, God willing, that I will be there and I hope and believe you will come away as I will, with tears in my eyes and thrilled at having heard such beautiful music so beautifully played,

Grandpa Jack's Almanac

October 2018

By Jack Birnbaum

THOUGHTS OF WISDOM AND WIT #6

Jack B

How many lies does it take to be a serial liar? Trump has 4,225, and counting...
POTUS on infallibility, I never meet anyone save myself, who is always right
Powerful? Who but POTUS, has the chutzpa making a favored person into a dog
Credit is due President Trump for adding an unrivaled level of slime to the swamp
When is truth not truth? Why when Mr. Giuliani or his client POTUS, speak out
Mr Giuliani should be credited for adding the word mendacity into our vocabulary
Are Giuliani and Trump in collusion in inflicting contusion onto the skin of truth?
A rose by any name remains a rose, should not truth be accorded that same virtue?
Washington must be a- spin in his grave seeing truth devalued by two such knaves

Mark Twain

- 1-Eating, drinking, and doing what you like not, can be healthy but, not much fun
- 2-When fishing for love, bait your heart, not your brain
- 3- Welcome 2 forms of happiness-- marriage & death; a promise, or an assurance
- 4- Everyone has some good in them. finding it may take a long, long time

Alexander Hamilton

- 1-If government has too much power, the only choice of the people is it, to fight
- 2-Our great error is we suppose mankind to be more honest than they are

George Washington

- 1-Few men have the virtue to withstand the highest bidder
- 2-Sans freedom of speech, dumb and silent, we are like sheep, led to the slaughter
- 3- Knowledge in every country is the surest basis for public happiness
- 4-Guard against the impostures of pretended patriotism



The Atkinson Files

October 2018 - This 'n That

The month of the year that nature puts on a show of glorious reds and golds, as the leaves on the trees and bushes wither and die to prepare us for the upcoming winter's cold. A popular time for travelers to take advantage of special tours to view the landscapes painted by Mother Nature.

The month has been designated as Breast Cancer Awareness Month as the medical establishment continues to advance better detection and treatments.

It is also Clergy Appreciation Month to honor clergy who labor to lead, inspire, and comfort those who are followers of their various faiths. They devote their life and time to bring the word of God into everyday life for their parishioners.

Known as Computer Learning Month, if any of you are like me, you struggle sometimes to master the various techniques. I am very fortunate to have others assist me with producing this offering for the Runner monthly.

Another health problem is rampant and is recognized in National Diabetes Month. This disease can strike both young and old with increased research being devoted to the problem and promising better treatment in the very near future.

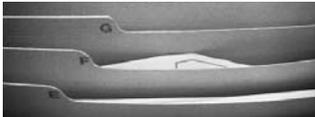
The next three given a month's designation are foods, namely National Pizza Month, National Vegetarian Month, and National Seafood Month. I am certain all three have many followers who include them in their diets.

Some interesting topics have been given a day in the month of October and the following are my choices to highlight this month:

Oct1st-INTERNATIONAL DAY FOR THE ELDERLY –Programs are encouraged to enable and expand the contributions of older people in families, communities and society at large. Unfortunately there are still some areas in the world that practice age discrimination and abuse and neglect their older population. In 2014 Governments around the world adopted a resolution to recognize the talents and contributions of oldsters outlined in the Madrid International Plan of Action on Ageing for the third time to see if the document needed any updates.

Oct5th-DO SOMETHING NICE AND WORLD SMILE DAYS.-Despite all the depressing news in the media, some TV stations are beginning to feature acts of kindness by individuals. It doesn't take any more effort to smile at someone than to scowl and it boosts the spirits of both the recipient and giver. We never know what problem the other person had that day and your cheerfulness can calm the waters for them that day.

Oct8th- COLUMBUS DAY –A national holiday in many of the Americas, it celebrates the arrival of Christopher Columbus on October 12, 1492. It has been given many other names in different countries where it is still celebrated on October 12th. Since 1971, when some U.S. holidays were moved to make three day weekends, it is observed here on the second



The Atkinson Files

This 'n That (*Continued*)

Monday in October, however there are five states that do not recognize Columbus Day and some businesses and stock exchanges do not close. The earliest celebrations were recorded in 1792 in New York City and in 1892 President Benjamin Harrison asked the country to celebrate the 400th anniversary of Columbus landing in America .

Oct.9th- FIRE PREVENTION DAY and WEEK- Constant efforts are made to inform the public of all the ways that fires can be prevented. In Philadelphia Firemen frequently visit homes handing out smoke alarms and lesson plans are available that demonstrate how to exit a home or apartment in a fire. Children are given coloring books with comic characters such Sparky to help little ones remember what to do by the use of cartoons. Due to his experiences of twenty four years as a Philadelphia Firefighter, my husband requested that I do not have lighted candles in our home. Scented candles do make a pleasant aroma in the house, but could be a hazard.

Oct.14th-NATIONAL DESSERT DAY- This is a fun day to list. I do not know anyone who is not fond of either cake, pie, ice cream, cookies or all of them!

Oct.17th- NATIONAL PASTA DAY – Served in various ways, pasta is one of the most universally popular main courses in the nation today, and not limited to the households of our Italian friends. The Food Channel on TV features experts demonstrating delicious entrees using pasta in a variety of ways. The first known

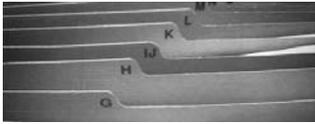
reference to pasta is in Sicily in 1154. It is made of unleavened durum wheat flour mixed with water or eggs. Pasta sold commercially today can be in dried or fresh form and over 1300 names are given to various varieties. In Italy it is served in small amounts as a first course, not as the main course we use it for.

Oct.24th-UNITED NATIONS DAY- Anniversary of ratification of United Nations Charter by five permanent members of Security Council and 193 other countries.

Oct.27th-NAVY BIRTHDAY – Birthday of U. S. Navy established in 1775 by Continental Congress to intercept British Ships supplying British troops fighting the settlers battling for freedom.

NAVY DAY- Sponsored in 1922 by Navy League to honor members of Naval Forces. Chief Naval Operations Admiral Elmo Zumwalt chose the 27th to honor the birthday of President Theodore Roosevelt. Celebrations are held throughout Navy facilities.

Oct30th- MISCHIEF NIGHT- Originally an evening of destructive actions to property by teens to the point that in northern New Jersey it became called “Devil’s Night” . In the 1980’s Detroit was so hard hit with damage that a citizen’s patrol was formed and they called it “Angel’s Night”. Now in most communities it is a night in which younger people play pranks such as soaping windows or smashing pumpkins.



The Atkinson Files

This 'n That (*Continued*)

Oct 31st- HALLOWEEN-It originated from the Celtic Festival Samhain when the Irish thought the ghosts of the dead came back and they lit bonfires to ward them off and wore costumes of animal skins and heads. They also burned crops and sacrificed animals and told each other's fortunes. In the eighth century Pope Gregory III declared All Saints Day on November 2nd to try to replace these customs. Early in our history, the day was not noted in the Puritan states of New England, but celebrated in Maryland and some southern areas. After the mass immigration of Irish due to the potato famine in their home land, it became popularized through all the land. By 1920, it was no longer affiliated with religious practices and became a secular holiday, with trick or treating by children its main practice as they go house to house in their neighborhood asking for a treat. As a result, one fourth of all the candy sold in the United States is at Halloween.

QUESTION: DO YOU LIKE GETTING OLDER???

As I've aged, I've become kinder to myself. I've become my own friend. I have seen too many dear friends leave this world too soon, before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play on the computer until 4AM or sleep late? I will dance with myself to those wonderful tunes of the 50's, 60's and 70's and if I, at the same time wish to weep over a lost love, I will.

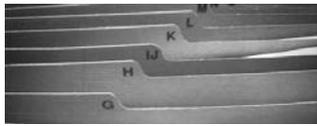
I will walk the beach in a swim suit that is stretched over a bulging body If I choose to, despite the pitying glances from the jet set. They too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray (or white) and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer the question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day (if I feel like it)!



The Atkinson Files

This 'n That (*Continued*)

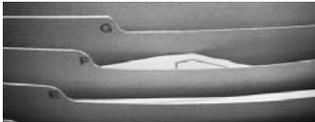
SMILES FOR THE DAY. To those who use computers, ipads or iphones, any of the modern items that technology has brought us, the following cartoon I saw recently can apply: “I hate it when you can’t figure out how to operate any of the above and the resident tech expert is asleep, BECAUSE HE’S FIVE AND IT’S PAST HIS BEDTIME.”

Another cartoon showed a toddler sitting on a sofa with a phone to his ear and saying: “Grandma, can you come over? Your kid won’t let me have a cookie!”

And a recent PEANUTS cartoon featured he and Patty leaning against a tree with the following conversation: Peppermint Patty “I wonder what teachers make?” and Peanuts answering: “A difference, Peppermint Patty, they make a difference!” With several grandchildren teaching, I feel this is very true!

I am grateful to those who send me items that they feel might be of interest to include in my monthly submission to the Runner. My thanks this month to Anne Sosnowski, a friend from Maine for emailing me several items and Anne Amato, Supervisor of the Beauty Salon who directed me to a story about Florence Finch, a heroine from the Second World War. Her courage in fighting for the war effort and risking her life is unmatched. You can call me or send an email with the information or suggest a topic to be covered. Thank you.

Margaret-atkinson@comcast.net
215-673-1688



The Atkinson Files

This 'n That (*Continued*)

FLORENCE EBERSOLE FINCH

Florence was born on October 11, 1915 and resided in the Phillipine Islands. During the Second World War the Japanese invaded the Islands and Florence hid the fact that her father was an American and only her mother was a native of the Phillipines. She had a strong allegiance to the American cause and wanted to assist in driving out the Japanese from her home.

From June 1942 until October 1944 she was employed in a position where she directed shipments of fuel to be used for the Japanese military. She falsified documents so members of the underground resistance could obtain some of the supplies and use them to facilitate acts of sabotage.

The Japanese eventually discovered what she was doing, placed her under arrest and sentenced her to three years of prison during which she was tortured and starved. In February 1945 when American troops freed the islands and rescued Florence, she weighed only 80 pounds.

After the war she moved to Buffalo, New York and joined the Coast Guard. She was awarded the American Medal of Freedom in 1947 and

was the first woman to receive the Asiatic-Pacific Campaign Ribbon. In 1996 the Coast Guard named a building on Sand Island, Hawaii in her honor.

She lived to be one hundred and one years old, dying in Ithaca, New York December 8th, 2016 and was given a military funeral with full honors.

A Night at the Movies

October 2018 Movie Program

By Jack Birnbaum

The films to be viewed this month will consist of a mixture of contemporary and classic vintage films along with the opera of the month for this we will feature the Stravinsky classic, Petroushka. (See the opera corner for a full description)

7 P. M Mon. Oct. 1-Unfinished Song (2012) A tender British film with Terrance Stamp and Venessa Redgrave about a love that continues on after a separation.

7 P. M, Ties. Oct.2-Silver Linings Playbook (2012) A Philadelphia love story starring Bradley Cooper, Jennifer Lawrence, Robert Di Nero and the Eagles, too.

6: 45 P. M. Sun. Oct 7-The Kings Speech (2010) Colin Firth as a King with a speech impediment is treated by an unorthodox teacher (Geoffrey Rush).

7 P. M Mon. Oct, 8- Homewood Bound (1993) A heart warming film of a cat and two dogs who set off to find their owners they believe have abandoned them

7 P. M. Tues. Oct. 9-The Great Debaters (2007) A compelling story of an all-black debating team starring Denzel Washington and Forest Whitaker

6: 45 P. M. Sun. Oct. 14 Mr., Hollands Opus (1995) Richard Dreyfus plays a devoted H.S. school music teacher who finally gets to hear his composition.

7 P. M. Mon. Oct. 15-First Do No Harm (1997) Meryl Streep plays a mother of a boy with Epilepsy who researches seeking a cure for this deadly disease.



A Night at the Movies

October 2018 Movie Program (*cont'd*)

By Jack Birnbaum,

7 P. M. Tus. Oct. 16-Petroushka- Igor Stravinsky's 2 act beautiful ballet (See the opera corner posted on the bulletin boards, for the details.)

7 P. M. Sun. Oct. 21-Finding Neverland (2004) Johnny Depp plays an author whose friendship with Kate Winslow's family inspires him to write Peter Pan.

6: 45 P. M/, Mon. Oct. 22-Mollys Game (2017) Jessica Chastain a world class skier hosts a high stakes game which is targeted by the FBI.

7 P., M. Tues, Oct. 23-The Graduate (1967) Dustin Hoffman, a recent graduate is having an affair with the mother (Ann Bancroft) of his girlfriend (Kathrine Ross).

7 P. M. Sun. Oct. 28-Reversal of Fortune (1990) Klaus Von Buelow the husband whose Heiress wife is a coma is convicted hiring Alan Dershowitz, to appeal.

7 P. M. Mon, Oct. 29-Evelyn (2002) Pierce Brosman, An Irish father fight an Irish law depriving him of custody when his wife deserts them.

7 P. M. Tues. Oct. 30-The Splash of Water (2017) Sally Hawkins finds love with a strange sea creature in a laboratory, also starring Octavia Spenser.



It's PUZZLING

Searching for October

Scarecrow

The words listed below can be found vertically and horizontally.

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



BIRDS
CROPS
DECOY
FACE
FIELD



HAT
OVERALLS
PANTS
SHIRT
STRAW

The Classifieds

PRIVATE DUTY SERVICES
are available to you!

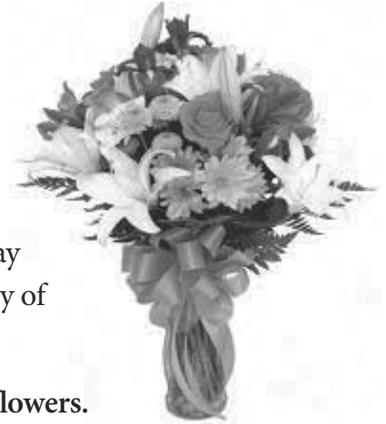


Liberty at Home  *Your life.
Your home.
Your choice.*

Call 215-934-3050

Flowers for the Chapel

Each week, new flowers are delivered to the Chapel on Friday morning. The flowers are provided for worship in the Shabbat service on Friday night and the Christian service on Sunday morning. The flowers are often given in memory of loved ones or to celebrate other occasions.



The \$25 charge is used to cover the cost of the flowers. There is a sign-up sheet on the main bulletin board by the dining room. Lee Levy or the Chaplain can answer your questions.

Residents can sign up to sponsor flowers individually or as a group. Please feel free to sign up and join in to support this small beauty in the Chapel.

FRIENDLY REMINDER

Our new lobby is so beautiful. Please be careful when eating or drinking in that area.

THANK YOU !

MESSAGE FROM YOUR FOOD COMMITTEE

Please do not remove salt/pepper, china or silverware from the tables in the dining room. This is not appropriate and is costly to maintain these items. Please cooperate to ensure everyone has the proper settings on the tables. We want to provide the best customer service possible.

Housekeeping

The Housekeeping department is asking for your cooperation in maintaining a sanitary environment for all of our residents.

Recently there have been complaints about residents leaving trash in the hallway instead of disposing of it properly in the trash rooms.

We are asking that ALL TRASH be placed in the proper receptacles in the Trash Rooms on each floor.

Thank you for your cooperation.



THE GENERAL STORE

Hours of Operation

Monday	10 am-4:30 pm
Tuesday	10 am-4:30 pm
Wednesday	10 am-4:30 pm
Thursday	10 am-4:30 pm
Friday	10 am-4:30 pm
Saturday	11 am-1 pm
Sunday	11 am-1 pm

PAUL'S RUN *Beauty Shop*

Open Monday—Friday
9 am-4 pm

Closed Saturday

Cee

Manicurist

Wednesday & Friday
9 am-4 pm

Cee

Call Anne Amato
for an appointment.
215-934-3055

WALK-INS WELCOME!

OnSite **DERMATOLOGY**

Convenient Skin Care and Treatment Services

This spot check could save your life!



Do you suffer from:

Rashes
Dry skin
Growths Cysts
Psoriasis
Sun Damage
Skin Tags
Skin Cancer

Schedule an Appointment with

OnSite Dermatology for

Wednesday, October 17th

Starting at 9:00 AM

Call 1-877-345-5300 or

***add your name to the sign-up sheet for an
appointment.***

OnSite Dermatology provides convenient mobile dermatology services to seniors in independent, assisted living and skilled nursing facilities nationwide. We specialize in the prevention and detection of pre-cancerous and cancerous growths of the skin by providing: Personalized Care • Quality Medical Technology
• Thorough Dermatology Services • Trained & Licensed Medical Staff

OnSite Dermatology is a Medicare participating provider.

