

June Is National Dairy Month

The Truth about Cow Tipping

Cow tipping has been immortalized in several movies from the 1980s, and stories about students going cow tipping after parties are legendary at some universities. But there are no photos or videos of people tipping over cows to be found. The basic premise is that cows sleep soundly standing up. Sneak up a sleeping cow in the dark, give it a shove, and the bovine will topple over and stay on the ground.

Dairy farmers and ranchers know that cow tipping is an urban legend or tall tale, kept alive by people who don't know much about rural life.

- A cow can weigh between 1400 to 4000 pounds. Everyone knows they are large, but until you're a few inches from them, it might be hard to picture just how enormous. Imagine tipping a station wagon
- Cows have excellent smell and hearing and are very wary of strangers coming upon them
- Cows can move quickly when needed and don't hesitate to moo loudly to alert the herd when someone is approaching
- Cows have a good balance. Four legs, a low center of gravity, and hooves designed for muddy fields are better at staying upright than a person in tennis shoes
- Cows sleep lying down. So, a standing cow is an awake cow that can smell and hear you coming, regardless of how stealthy you think you are being



Cinco de Mayo

The residents enjoyed our Cinco de Mayo celebration on May 5th. Our kitchen staff made a wonderful meal for lunch of chicken with pineapple, Mexican street corn, and virgin margaritas. Later in the afternoon, the residents put on their sombreros and mustaches and enjoyed chips and salsa, fresh fruit, and punch.



Father's Day Word Search



CARD
CARING
CELEBRATE
CHILDREN

DAD
FAMILY
FATHER
GIFT

HOLIDAY
JUNE
LOVING
PARENT

HORST MANAGEMENT SERVICES

VISION

Performing with a passion for excellence while doing the right things the right way.

MISSION

Connecting with our customers. Knowing their needs and exploring their ideas. Delivering products and services that they value.

VALUES

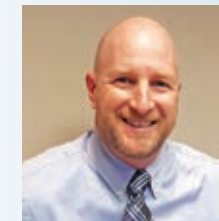
Honor God
Employee Focused - Customer Centered
Supplier/Partner Relationships
Community Minded
Growth and Profitability



News from Columbia Cottage Assisted Living Community
The ONLY Licensed Assisted Living in the area

June 2022

Message from the President of Columbia Cottage



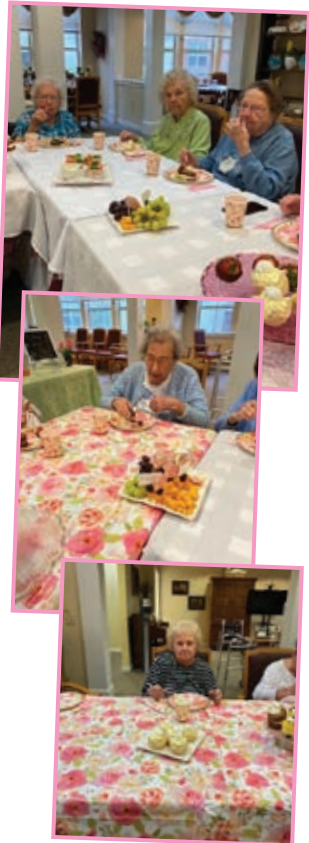
Play for a Day

Despite the recent weather, Spring has arrived and typically triggers new adventures for my family. It has been said that a fulfilled life requires play. Recreation time gives us all a chance to be ourselves, to uncover the joy of embracing all that life has to offer. Play refreshes, energizes, and clears the mind of worries and the body of tension. I truly believe that God thrills to see our joy, as playtime can help us tackle problems with renewed vigor and a fresh outlook. Sometimes you accomplish great things when it seems you are doing very little. So, I encourage you to schedule one full day of just playing to allow God to delight in you. Let go of the chores, phone calls, e-mails, and work and have some fun. Take your mind off your challenges for a while and play; new solutions may reveal themselves.

-Jim

Mother's Day

The Mothers of Columbia Cottage enjoyed a beautiful afternoon of tea and treats. The Mothers enjoyed lemon and blueberry cupcakes, carrot cake, and strawberry cupcakes. Wendy made tasty chocolate-covered strawberries and puff pastries with the lemon mousse. We also munched on turkey and cheese pinwheels, cheese cubes, and grapes. This was the first tea party we celebrated after two years of cancellation due to the pandemic. Columbia Cottage has been celebrating Mother's Day with our annual tea for the last 8 years and it was heartwarming to finally be able to restart our yearly tradition. We hope next year we will be able to open it up to invite the families to join us.

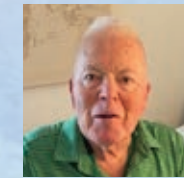



Columbia Cottage
ASSISTED LIVING
www.ColumbiaCottage.com

2288 Grandview Road
Hanover, Pennsylvania
(717) 630-9178

June 2022

Welcome our new resident!



Robert Bowersox

www.columbiacottage.com/whats-happening/
 Note: Calendar is available online and is subject to change. HANOVER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Congratulations!</i></p> <p>Staff Birthdays Lisa Brendle, 6/15 Deb Miller, 6/19 Faye Wolf, 6/24</p> <p>Resident Birthdays June Judy, 6/1 Roberta Nye, 6/25 Edith Shirey, 6/10 Cecelia Weddle, 6/17</p> <p>EMPLOYEE ANNIVERSARIES Wendy Benedict, Food Services Director - 11 years Cierra Gladfelter, Resident Services Coordinator - 6 years Christina Bernal, Resident Services Coordinator - 5 years Summer Brady, Medication Technician - 3 years Leah Szymanski, Homemaker - 1 year</p>		<p>1</p> <p><i>World Milk Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Bean Bag Toss 2:00 Staff Fire Safety Training</p>	<p>2</p> <p>8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Ring Toss 1:30 Rosary 3:00 Birthday Bash</p>	<p>3</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 LCR</p>	<p>4</p> <p><i>National Cheese Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Ladder Ball 3:00 Bingo</p>	
<p>5</p> <p><i>Cinco De Mayo</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 2:30 Online Church 3:00 Nails Rooms 1-10</p>	<p>6</p> <p><i>Nurses Week</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Kickball 3:00 Wii Bowling 4:00 Poochy Pals 7:00 Poochy Pals</p>	<p>7</p> <p><i>Chocolate Ice Cream Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Chocolate Milkshakes</p>	<p>8</p> <p><i>Big Bloom Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Balloon Toss 3:00 Craft Pipe Cleaner Flowers</p>	<p>9</p> <p>8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Ring Toss 1:30 Rosary 3:00 Bingo</p>	<p>10</p> <p><i>Black Cow Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 "Black Cow" Root Beer Floats</p>	<p>11</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Horseshoes 3:00 Wii Bowling</p>
<p>12</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Bean Bag Toss 2:30 Mission Bible Baptist 3:30 Nails Rooms 11-21</p>	<p>13</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Cornhole 3:00 Wii Bowling 4:00 Poochy Pals 7:00 Poochy Pals</p>	<p>14</p> <p><i>PB Cookie Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Horseshoes 3:00 Adelynn Wood, Singer</p>	<p>15</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Make PB Cookies</p>	<p>16</p> <p>8:15 Daily Word 9:45 Catholic Mass 10:00 Morning Stretch 11:00 Ladder Ball 1:30 Rosary 3:00 Wii Bowling</p>	<p>17</p> <p><i>National Geographic Bee</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Hot Potato 3:00 Travel To Wisconsin</p>	<p>18</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 3:00 Bingo</p>
<p>19</p> <p><i>Father's Day</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Ring Toss 2:30 Online Church 3:00 Nails Rooms 22-31</p>	<p>20</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Kickball 3:00 Adelynn Wood 4:00 Poochy Pals 7:00 Poochy Pals</p>	<p>21</p> <p><i>First Day Of Summer</i> 8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 3:00 Ladder Ball</p>	<p>22</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Crafts: Sun Catchers</p>	<p>23</p> <p><i>Wear Pink Day</i> 8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Bean Bag Toss 1:30 Rosary 3:00 Bingo</p>	<p>24</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Kick Ball 3:00 Spelling Bee 7:00 Bryan Herber/Piano</p>	<p>25</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 3:00 LCR</p>
<p>26</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Ring Toss 2:30 Church Online 3:30 Nails Rooms 32-42</p>	<p>27</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Wii Bowling 4:00 Poochy Pals 7:00 Poochy Pals</p>	<p>28</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Balloon Toss 3:00 Trivia</p>	<p>29</p> <p>8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Crafts</p>	<p>30</p> <p>8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Ladder Ball 1:30 Rosary 3:00 Wii Bowling</p>	<p>FLAG DAY June 14</p>	<p>In Memory of Betty Garman Stewart Rebert</p>