

## Collaborative Art

This month we celebrated the birthday of the Blue Jean (May 20th). We collected blue jeans from staff and recycled them into a collaborative art piece: hanging denim feathers off a stick. The tedious task brought lots of conversation time, laughter, and fine motor skill exercises. The end result was beautiful and can be seen on the front office door. Be sure to check it out next time you visit!



## Say It With Flowers

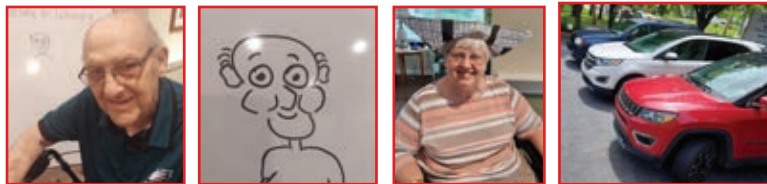
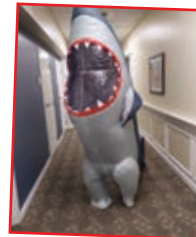
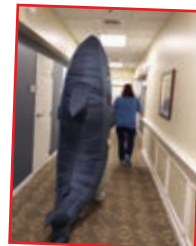
Our ladies really enjoy arranging the fresh flowers they receive bi-weekly from Three Peas In A Pod. It's a time to be in touch with nature, reminisce, and bond with good friends. They really enjoy sharing the joy by creating arrangements for other residents. The smiles on everyone's face is priceless!



## Cottage Funnies

Life around the Cottage isn't always serious. At times, we can be a little silly. Here are some candid pictures to share the funny!

1. Recycling the completed Jumbo Crossword board into a crown for our Crossword Queen Pat.
2. Showing our patriotism with our Red, White, and Blue car display in the parking lot.
3. There was that one-time Christine drew a picture for the word "fat" during Pictionary and it accidentally looked like Fred.
4. Shark attack! I guess we had more rain than we thought if a shark could get in!



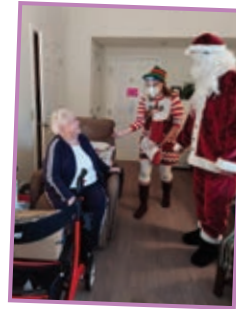
## Sing With Me

Our residents love getting together on Friday afternoons and singing along to some of their favorite songs. The hardest part is trying to remember what we want to sing! If you have any song suggestions, mom's/dad's old favorite singers or songs, please feel free to drop off a list.

## Not Goodbye But See You Soon

I have truly been blessed to have had a job I LOVED for the past two years here at Columbia Cottage. Every resident has held a special place in my heart, and it has been a great honor getting to know them and their families. As my time here has ended, I want to thank everyone for their love and support over the years. The donations of supplies, words of encouragement, shared stories of past and present, hearing how the residents light up when talking about their day's activities has been the greatest gift I could receive. I will never forget our time together: the laughter, the noodles, the art, and the love.

So, it's not goodbye, but see you soon. With all my love ~ Christine



# The Cottage Gate

## INDEPENDENCE Day

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

July 2022

## Message from the President of Columbia Cottage



### Kindness Matters

One of the most important principles that my grandmother "Mimi" instilled in my brother and me is that "Kindness Matters." In a world where the daily news is filled with negative reports and events, simple acts of kindness are often overlooked. If we truly believe that kindness can have a significant and positive impact on our life and for others, the question then becomes – "what can you do to make kindness a lifelong habit?"

There are many definitions of kindness but to me, to make kindness a lifelong habit, you need to have **empathy** and **compassion** toward others. Empathy is the ability to look outside of yourself and understand the needs of others. Being kind to a colleague, family member, friend or neighbor who is experiencing a struggle can be achieved by offering a simple smile, a hug, a compliment, offering to help or share, or just spending time together.

To put it in another context, if a classmate says or does something mean, or a parent or teacher seems to always be irritable, realize that there may be things going on in that person's life which may be contributing to that negative behavior. At these moments, I encourage us all to have empathy for their situation and react in a way that doesn't make the circumstances (or their mood) worse. Sometimes that means just being quiet and waiting for a calm or neutral time to talk.

Finally, it has been said that kindness begins within and spreads outward. When you are confident and believe in yourself, you are better able to consider the feelings of others. When you are kind to others, you not only feel better about yourself, but you are able to influence the way others treat you.

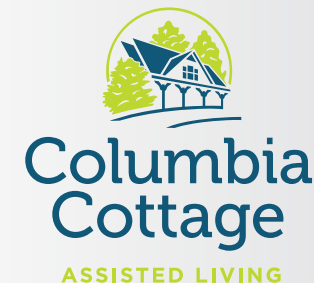
I would like to leave you with a few quotes to consider:

*When you see someone without a smile, give them one of yours - Zig Ziglar*

*Be kind, for everyone you meet is fighting a battle you know nothing about - Plato*

Maybe if we can all strive to be a little kinder to each other, we can make a positive impact on our corner of the world!

-Jim



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## Backyard Games

Sunny Days are here and so are the Backyard Games! (Ok, Cottage Kitchen Games) Residents enjoyed playing Cornhole, Ring Toss, Washers, Lawn Darts, and "Beer" Pong- Christine Style.



## 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

# JULY 2022



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Congratulations!</i></p> <p><b>Resident Birthdays</b>                      Fred Interrante, 7/7</p>		<p><b>Staff Birthdays</b>                      Carla Begonia, 7/5                      Heidi Walton, 7/14                      Ginette Lundi, 7/25                      Sharon Shoemaker, 7/25</p>	<p><b>EMPLOYEE ANNIVERSARIES</b>                      Carla Begonia, Resident Services Coordinator - 8 years                      Najah Mason - Tran, Resident Services Coordinator - 3 years</p>		<p><b>1</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      3:00 Cranium Crunches                      6:30 Bingo</p>	<p><b>2</b>                      10:00 Coffee and Daily Chronicle                      2:00 Movie Matinee                      6:30 Free Play Game Night                      (Games Avail Upon Request)</p>
<p><b>3</b>                      10:30 St Eleanor's Live Stream                      2:00 Daily Chronicle                      6:30 Movie Night</p>	<p><b>4</b>  <b>Independence Day!</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      2:30 Kitchen Korner's &amp; Tasty Treats                      6:30 Bingo</p>	<p><b>5</b>                      10:00 St. Eleanor's                      11:00 Exercise and Stretch                      3:00 Crossword Capers                      6:30 Free Play</p>	<p><b>6</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      1:30 Manicure                      3:00 Hump Day Happy Hour                      6:30 Candy Bar Bingo</p>	<p><b>7</b>                      10:00 Morning Ministries                      11:00 Exercise and Stretch                      3:00 Say it w/Flowers                      6:30 Free Play</p>	<p><b>8</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      3:00 Sing w/Me                      6:30 Bingo</p>	<p><b>9</b>                      10:00 Coffee and Daily Chronicle                      2:00 Movie Matinee                      6:30 Free Play Game Night                      (Games Avail Upon Request)</p>
<p><b>10</b>                      10:30 St Eleanor's Live Stream                      2:00 Daily Chronicle                      6:30 Movie Night</p>	<p><b>11</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      3:00 Crafting Around                      6:30 Bingo</p>	<p><b>12</b>  <b>STAFF MEETING</b>                      10:00 St. Eleanor's                      11:00 Exercise and Stretch                      2:00 Activity w/Caring Hospice                      6:30 Free Play</p>	<p><b>13</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      1:30 Manicure                      3:00 Hump Day Happy Hour                      6:30 Candy Bar Bingo</p>	<p><b>14</b>                      10:00 Morning Ministries                      11:00 Exercise and Stretch                      3:00 Crossword Capers                      6:30 Free Play</p>	<p><b>15</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      2:00 Father's Day "Beef" &amp; Beer                      6:30 Bingo</p>	<p><b>16</b>                      10:00 Coffee and Daily Chronicle                      2:00 Movie Matinee                      6:30 Free Play Game Night                      (Games Avail Upon Request)</p>
<p><b>17</b>                      10:30 St Eleanor's Live Stream                      2:00 Daily Chronicle                      6:30 Movie Night</p>	<p><b>18</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      2:30 Kitchen Korner's &amp; Tasty Treats                      6:30 Bingo</p>	<p><b>19</b>                      10:00 St. Eleanor's                      11:00 Exercise and Stretch                      3:00 Crossword Capers                      6:30 Free Play</p>	<p><b>20</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      1:30 Manicure &amp; Spa Day                      3:00 Hump Day Happy Hour                      6:30 Candy Bar Bingo</p>	<p><b>21</b>                      10:00 Morning Ministries                      11:00 Exercise and Stretch                      3:00 Say It w/Flowers                      6:30 Free Play</p>	<p><b>22</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      3:00 Cranium Crunches                      6:30 Bingo</p>	<p><b>23</b>                      10:00 Coffee and Daily Chronicle                      2:00 Movie Matinee                      6:30 Free Play Game Night                      (Games Avail Upon Request)</p>
<p><b>24</b>                      10:30 St Eleanor's Live Stream                      2:00 Daily Chronicle                      6:30 Movie Night</p>	<p><b>25</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      3:00 Crafting Around                      6:30 Bingo</p>	<p><b>26</b>                      10:00 St. Eleanor's                      11:00 Exercise and Stretch                      3:00 Crossword Capers                      6:30 Free Play</p>	<p><b>27</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      1:30 Manicure &amp; Spa Day                      3:00 Hump Day Happy Hour                      6:30 Candy Bar Bingo</p>	<p><b>28</b>                      10:00 Morning Ministries                      11:00 Exercise and Stretch                      3:00 Crosswords                      6:30 Free Play</p>	<p><b>29</b>                      10:00 Coffee and Daily Chronicle                      11:00 Exercise and Stretch                      3:00 Cranium Crunches                      6:30 Bingo</p>	<p><b>30</b>                      10:00 Coffee and Daily Chronicle                      2:00 Movie Matinee                      6:30 Free Play Game Night                      (Games Avail Upon Request)</p>
<p><b>31</b>                      10:30 St Eleanor's Live Stream                      2:00 Daily Chronicle                      6:30 Movie Night</p>						