

Coloring

We added this 6-foot coloring poster to the wall in our staff break room. Coloring is an excellent way for our staff to unwind during their break. Experts say that coloring can ease tension, reduce stress, slow our breathing, and clear our minds. It seems we have a lot of talented and creative staff who are enjoying their time to reduce their stress before heading back to work.



Lighten Up—

it's July. Fireworks are a-bursting in celebration of Canada Day and Independence Day. In addition, there is a super moon on July 13 the Delta Aquarid meteor shower July 28-29 and the beginning of the Perseid meteor shower July 17. It's also the season for lightning bugs, campfires, and tiki torches. July is an illuminating month!



JULY WORD SEARCH

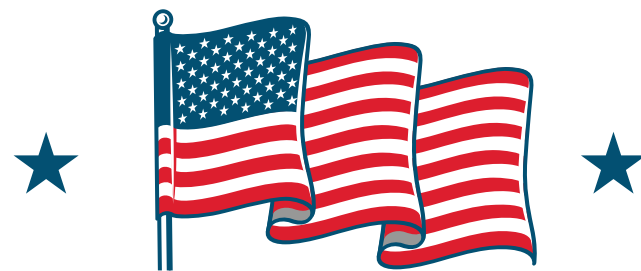
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X	W	P	T	H	I	R	T	E	E	N	U	F	K	S

ADAMS	FOURTH	NATION
AMERICA	FREEDOM	PARADE
BARBECUE	HOTDOGS	REVOLUTION
COLONIES	INDEPENDENCE	RIGHTS
CONGRESS	JEFFERSON	STATES
DECLARATION	JULY	THIRTEEN
EQUALITY	LIBERTY	UNITED
FIREWORKS		

4TH OF JULY WORD SCRAMBLE

- ICTNBROEELA _____
- TSSRA _____
- HFROUT _____
- CEDNEPNEIDEN _____
- GFAL _____
- DITARIONT _____
- SAAICLVNR _____
- YUJL _____
- PINCIC _____
- ISENCOLO _____
- FSFERJENO _____
- IROYTSH _____
- BLLES _____
- LCDOAETIANR _____
- EAAMNICR _____
- AARPDE _____
- RSMEUM _____
- PUDOR _____
- AIRCTTIOP _____
- ERKSFOIRW _____

See below for answers.



Answers
 1. Celebration 2. Stars 3. Fourth 4. Independence 5. Flag 6. Tradition
 7. Carnivals 8. July 9. Picnic 10. Colonies 11. Jefferson 12. History
 13. Bells 14. Declaration 15. American 16. Parade 17. Summer
 18. Proud 19. Patriotic 20. Fireworks.



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

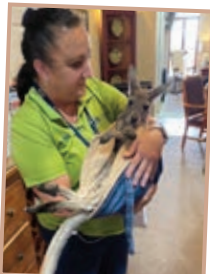


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Aldinger Farms

On May 25, Columbia Cottage staff and residents had two special guests come to see us. Aldinger Farms brought us two baby kangaroos. Abby is the biggest one at seven months; the little one has no name and is three months. I have never seen so many smiles and cuddling going on. This was a welcome break for all since we had our annual state inspection the day before.



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. HANOVER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>Congratulations!</i></p> <p>Staff Birthdays Tina Norton, 7/7</p>		<p>Resident Birthdays Bill Garman, 7/20 Barbara Kynerd, 7/18 Norman Osten, 7/18</p>		<p>EMPLOYEE ANNIVERSARIES <i>Olivia Wilson</i>, Homemaker – 1 year</p>		<p>In Memory of Marcella Novotny Jean Leonard Kathie Powell</p>		<p>1 8:15 Daily Word 10:00 Morning Stretch 11:00 Bean Bag Toss 3:00 Birthday Bash</p>		<p>2 8:15 Daily Word 10:00 Morning Stretch 11:00 Ring Toss 3:00 LCR</p>			
<p>3 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 2:30 Church Streaming 3:30 Nails Room 1-10</p>		<p>4 Independence Day 8:15 Daily Word 10:00 Morning Stretch 11:00 Ladder Ball 3:00 Wii Bowling</p>		<p>5 8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 3:00 Craft- Firework Paper Bursts</p>		<p>6 8:15 Daily Word 10:00 Morning Stretch 11:00 Kickball 3:00 State Plate Game- (See Deena)</p>		<p>7 8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Golf 1:30 Rosary 3:00 LCR</p>		<p>8 8:15 Daily Word 10:00 Morning Stretch 11:00 Balloon Toss 3:00 Bingo</p>		<p>9 8:15 Daily Word 10:00 Morning Stretch 11:00 Ring Toss 3:00 Wii Bowling</p>	
<p>10 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 2:30 Mission Bible Baptist 3:30 Nails Rooms 11-21</p>		<p>11 Blueberry Muffin Day 8:15 Daily Word 10:00 Morning Stretch 11:00 Horseshoes 3:00 Wii Bowling 4:00 Poochy Pals 6:00 Poochy Pals</p>		<p>12 8:15 Daily Word 10:00 Morning Stretch 11:00 Bean Bag Toss 3:00 Cooking Club- Patriotic Pretzel Bites</p>		<p>13 8:15 Daily Word 10:00 Morning Stretch 11:00 Cornhole 3:00 Trivia</p>		<p>14 8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Horseshoes 1:30 Rosary 3:00 LCR</p>		<p>15 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Bingo</p>		<p>16 8:15 Daily Word 10:00 Morning Stretch 11:00 Ladder Ball 3:00 Wii Bowling</p>	
<p>17 8:15 Daily Word 10:00 Morning Stretch 11:00 Hot Potato 2:30 Church Online 3:00 Nails Rooms 22-31</p>		<p>18 8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 3:00 Wii Bowling 4:00 Poochy Pals 6:00 Poochy Pals</p>		<p>19 8:15 Daily Word 10:00 Morning Stretch 11:00 Ring Toss 3:00 Adeline Woods</p>		<p>20 World Cupcake Day 8:15 Daily Word 10:00 Morning Stretch 11:00 Kick Ball 3:00 Decorate Cupcakes</p>		<p>21 First Day Of Summer 8:15 Daily Word 9:45 Catholic Mass 10:00 Morning Stretch 11:00 Hangman 1:30 Rosary 3:00 Ladderball</p>		<p>22 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Wii Bowling 7:00 Bryan Herber/Piano</p>		<p>23 8:15 Daily Word 10:00 Morning Stretch 11:00 Bean Bag Toss 3:00 Jeopardy</p>	
<p>24 8:15 Daily Word 10:00 Morning Stretch 11:00 Kick Ball 2:30 Church Online 3:30 Nails Rooms 22-31</p>		<p>25 8:15 Daily Word 10:00 Morning Stretch 11:00 Hangman 3:00 Wii Bowling 4:00 Poochy Pals 6:00 Poochy Pals</p>		<p>26 8:15 Daily Word 10:00 Morning Stretch 11:00 Ring Toss 3:00 Make Mini Peach Desserts</p>		<p>27 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 3:00 Crafts</p>		<p>28 8:15 Daily Word 9:45 Communion 10:00 Morning Stretch 11:00 Balloon Toss 1:30 Rosary 3:00 Mail Word Categories Game</p>		<p>29 8:15 Daily Word 10:00 Morning Stretch 11:00 Golf 2:00 Drum Circle</p>		<p>30 8:15 Daily Word 10:00 Morning Stretch 11:00 Ladder Ball 3:00 Wii Bowling</p>	

31
8:15 Daily Word
10:00 Morning Stretch
11:00 Balloon Toss
2:30 Church Online
3:30 Nails Rooms 32-42

