

July Fun Facts

July was named after Roman general Julius Caesar.

The birthstone of July is the ruby, considered by many to be the king of gems. At one point in time, it was considered to protect warriors on the field of battle if it was embedded in their armor. Nowadays, as a birthstone, it's said to protect against evil.

July has two birth flowers – the water lily and the larkspur. The water lily is a symbol of a pure heart, while the larkspur represents the lightness of the heart.

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

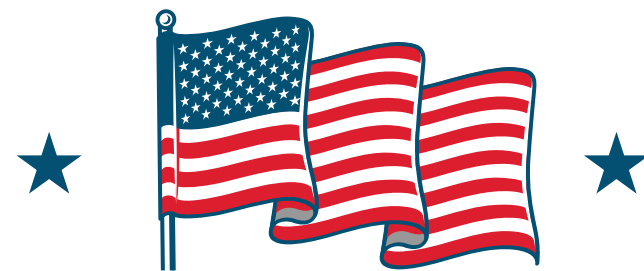


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|-------------|--------------|------------|
| ADAMS | FOURTH | NATION |
| AMERICA | FREEDOM | PARADE |
| BARBECUE | HOTDOGS | REVOLUTION |
| COLONIES | INDEPENDENCE | RIGHTS |
| CONGRESS | JEFFERSON | STATES |
| DECLARATION | JULY | THIRTEEN |
| EQUALITY | 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**
- Celebration 2.Stars 3. Fourth 4. Independence 5. Flag 6. Tradition
 - Carnivals 8. July 9. Picnic 10. Colonies 11. Jefferson 12. History
 - Bells 14. Declaration 15. American 16. Parade 17. Summer
 - Proud 19. Patriotic 20. Fireworks.



The Cottage Gate

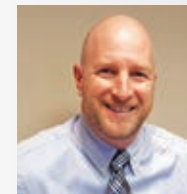
INDEPENDENCE Day

★ ★ ★

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



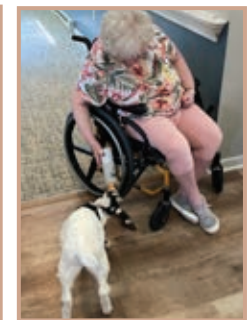
Columbia Cottage
ASSISTED LIVING

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Palmyra, Pennsylvania
(717) 832-2900

www.ColumbiaCottage.com

Hershey Goes Baa For Baby Goats

Residents and staff at the Hershey Cottage enjoyed a visit from 3 six-week-old baby goats! The babies, Ivan, Iris, & Isaac, had a lot of fun. They kept busy hopping around, playing, and drinking bottles. They also enjoyed cuddles in between playing sessions!



Come and Singalong with Us

You can catch Pastor Earl Binkley's singalong show at the Cottage the 2nd Friday of each month. We always have a great crowd for his program. Our residents especially enjoy the spiritual music and the stories he shares.



HORST MANAGEMENT SERVICES

VISION

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

MISSION

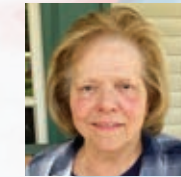
Connecting with our customers. Knowing their needs and exploring their ideas. Delivering products and services that they value.

VALUES

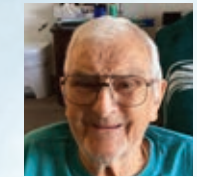
Honor God
Employee Focused - Customer Centered
Supplier/Partner Relationships
Community Minded
Growth and Profitability

JULY 2022

Welcome our new residents!



Kathy Harinsky



Richard Allen

Ruth Wiley (not pictured)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Congratulations!</i></p> <p>EMPLOYEE ANNIVERSARIES Maria Smith, Administrative Assistant - 6 years Joleane Ross, Medication Technician - 2 years</p> <p>Resident Birthdays Kathy Harinsky, 7/7 Ron Harinsky, 7/22 Myra Wagner, 7/29</p> <p>Staff Birthdays Lisa Dankulich, 7/1 Alyson Burnhm, 7/15 Laticha Jackson, 7/15 Roselyn Adekunle, 7/23</p> <p>In Memory of Earlene Deal Mary Ann Gaydos Richard Grostefon</p>						
<p>3 9:40 Catholic Service 10:00 Worship with Fishburn UMC 12:00 Denise Plays the Piano 2:00 Sundaes in the Country Kitchen 3:30 Creative Coloring</p>	<p>4 Independence Day 10:00 Exercise 2:00 Prize Bingo 3:30 Classic TV in the Country Kitchen</p>	<p>5 10:00 Exercise 2:00 Manicures 3:30 Aquapaint</p>	<p>6 10:00 Exercise 2:00 Ring Toss 6:00 Movie in the Country Kitchen</p>	<p>7 10:00 Exercise 2:00 Bingo 3:30 Coffee and Chat in the Country Kitchen</p>	<p>8 10:00 Exercise 2:00 Bible Study & Singalong with Pastor Earl 3:30 Word Search and Jigsaw Puzzles</p>	<p>9 10:00 Exercise 2:00 Bingo 6:00 Enjoy Lawrence Welk in the Country Kitchen</p>
<p>10 9:40 Catholic Service 10:00 Worship with Fishburn UMC 2:00 Iced Tea in the Country Kitchen 3:30 Creative Coloring</p>	<p>11 National Blueberry Muffin Day 10:00 Exercise 2:00 Bingo 3:30 Classic TV in the Country Kitchen</p>	<p>12 10:00 Exercise 2:00 Manicures 3:30 Aquapaint</p>	<p>13 10:00 Exercise 2:00 Balloon Volleyball 6:00 Movie in the Country Kitchen</p>	<p>14 10:00 Exercise 2:00 How Many Words? 3:30 Coffee and Chat in the Country Kitchen</p>	<p>15 10:00 Exercise 2:00 Bible Study with Nicki 3:30 Word Search and Jigsaw Puzzles</p>	<p>16 10:00 Exercise 2:00 Bingo 6:00 Enjoy Lawrence Welk in the Country Kitchen</p>
<p>17 9:40 Catholic Service 10:00 Worship with Fishburn UMC 2:00 Root Beer Floats in the Country Kitchen 3:30 Creative Coloring</p>	<p>18 10:00 Exercise 2:00 Bingo 3:30 Classic TV in the Country Kitchen</p>	<p>19 10:00 Exercise 2:00 Manicures 3:30 Aquapaint</p>	<p>20 National Pennsylvania Day 10:00 Exercise 2:00 Conversation Ball Toss 3:30 Classic TV in the Country Kitchen</p>	<p>21 10:00 Exercise 2:00 Bingo 3:30 Coffee and Chat in the Country Kitchen</p>	<p>22 10:00 Exercise 2:00 July Birthday Party 3:30 Word Search and Jigsaw Puzzles</p>	<p>23 10:00 Exercise 2:00 Bingo 6:00 Enjoy Lawrence Welk in the Country Kitchen</p>
<p>24 9:40 Catholic Service 10:00 Worship with Fishburn UMC 2:00 Lemonade in the Country Kitchen 3:30 Creative Coloring</p>	<p>25 10:00 Exercise 2:00 Prize Bingo with Amanda 3:30 Classic TV in the Country Kitchen</p>	<p>26 10:00 Exercise 2:00 Manicures 3:30 Aquapaint</p>	<p>27 10:00 Exercise 2:00 Mick Cochran Performs 6:00 Movie in the Country Kitchen</p>	<p>28 10:00 Exercise 2:00 Canvas Painting 3:30 Coffee and Chat in the Country Kitchen</p>	<p>29 10:00 Exercise 2:00 Bingo Auction 3:30 Word Search and Jigsaw Puzzles</p>	<p>30 10:00 Exercise 2:00 Bingo 6:00 Enjoy Lawrence Welk in the Country Kitchen</p>
<p>31 9:40 Catholic Service 10:00 Worship with Fishburn UMC 2:00 Popsicles in the Country Kitchen 3:30 Creative Coloring</p>						