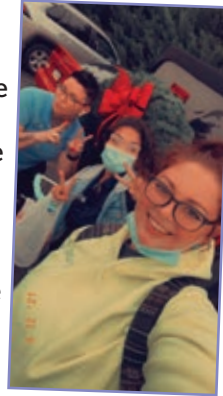


Farewell Norma

Once in a while, if you're lucky, you'll cross paths with someone really special who makes you laugh a little louder, smile a little brighter and enjoy each day a little more. Here at the cottage in Wyomissing we have a few of those, one of whom is Norma Mangual.



Norma has been employed by Columbia cottage since 2014 which is when I had the pleasure of meeting her; one of the things that stuck out for me with Norma is her smile and her easy-going spirit. Norma is known to sing around the cottage lifting the spirits of both residents and staff. Norma is a very spiritual person and often has led us in prayer at cottage events. Another thing, Norma is known for is her ever changing hair color. It is no small feat for Norma to go from a brunette to blonde in a 24-hour period, while looking good doing so!

Norma goes the extra mile for our residents, during covid when we were without a hairdresser Norma gave haircuts to our men, she washed and styled our ladies hair in her attempt to lift their spirits; if just a little.



We here at the cottage are saddened to see such a person leave us, although we understand that this is just the next chapter in Norma's life. Norma will be moving to Georgia with her husband Phil, who will begin a next chapter in his military career. Norma will be working towards her professional growth by taking the Georgia state board to obtain her LPN license.

We wish you all the best in your new beginning, the cottage won't be the same without you.

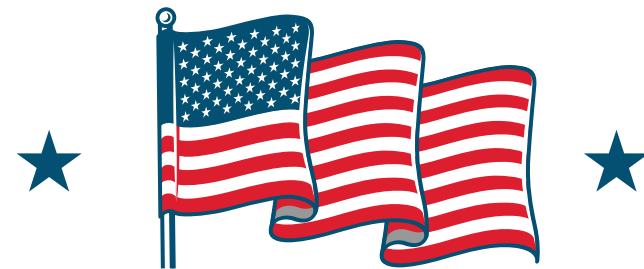
- Robin and the rest of your CC family



4TH OF JULY WORD SCRAMBLE

1. ICTNBROEELA _____
2. TSSRA _____
3. HFROUT _____
4. CEDNEPNEIDEN _____
5. GFAL _____
6. DITARIONT _____
7. SAAICLVNR _____
8. YUJL _____
9. PINCIC _____
10. ISENCOLO _____
11. FFSERJENO _____
12. IROYTSH _____
13. BLLES _____
14. LCDOAETIANR _____
15. EAAMNOCR _____
16. AARPDE _____
17. RSMEUM _____
18. PUDOR _____
19. AIRCTTIOP _____
20. 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



3121 State Hill Road
Wyomissing, Pennsylvania
(610) 927-0310

www.ColumbiaCottage.com

Handpans with Donna!

The handpan is a rare new kind of mesmerizing musical instrument invented in the 21st century. The handpan's lenticular shape looks like a UFO, a wok or a turtle shell. Part art and part instrument, the handpan is often referred to as a "sound sculpture". Each handpan is handcrafted and unique. You can see hammer marks from its artisanal making process across the instrument. The relaxing tones and intuitive playing style of the handpan make it a gateway instrument, accessible to anyone. Come to the next event with Donna and hear the beautiful sounds of the Handpan. Donna will return on 7/26!



Cottage Baby Updates!

The Columbia Cottage Baby Boom continues! This summer will welcome a little girl for Nurse Angie and a little boy for Melony! Both first time mommas were showered with love from all of us! We can't wait to add two new babes to the family! Who is next....?



HORST MANAGEMENT SERVICES

VISION

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

MISSION

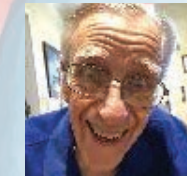
Connecting with our customers. Knowing their needs and exploring their ideas. Delivering products and services that they value.

VALUES

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

JULY 2022

Welcome our new resident!



John Palmer

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Congratulations!</i></p> <p>Staff Birthdays Nora Reyner, 7/5 Lydia Cooper, 7/15 Dorothy Koch, 7/21 Lorraine Herne, 7/24</p> <p>Resident Birthdays Daviana Cruz-Garcia, 7/30</p> <p>EMPLOYEE ANNIVERSARIES Elena Calderoni, Resident Services Coordinator - 8 years Marileyda Pena, Resident Services Coordinator - 5 years Elyse George, Food Service Coordinator - 3 years</p>						
<p>3 Compliment Your Mirror Day 9:30 Stretcherize 10:30 News Corner 1:30 Bible Stories 3:15 Independence Day Charades 6:00 Movie Night</p>	<p>4 Independence Day Staff Dress Down: Red, White, & Blue 9:30 Stretcherize 10:30 News Corner 12:00 Cook-Out 1:30 Word Unscramble 3:15 Patriotic Trivia</p>	<p>5 National Bikini Day 9:30 Stretcherize 10:30 News Corner 1:30 Women's Manicures 3:15 Jenga</p>	<p>6 International Kissing Day 9:30 Stretcherize 10:30 News Corner 1:00 Coordinator's Meeting 2:00 All Staff Meeting 6:00 Board Games</p>	<p>7 World Forgiveness Day 9:30 Stretcherize 10:30 News Corner 1:30 Beth's Bingo Buddies 3:30 Rosary</p>	<p>8 National Blueberry Day Staff Dress Down: Casual Day 9:30 Stretcherize 10:30 News Corner 1:30 Courtyard Games 3:15 Men's Manicures & Shaves</p>	<p>9 National Sugar Cookie Day 9:30 Stretcherize 10:30 News Corner 1:30 Refreshments on the Porch 3:15 Card Games</p>
<p>10 Pina Colada Day 9:30 Stretcherize 10:30 News Corner 1:30 Bible Stories 3:15 Balloon Toss 6:00 Movie Night</p>	<p>11 National Blueberry Muffin Day 9:30 Stretcherize 10:30 News Corner 1:30 Blueberry Muffin Social 3:15 Name Five</p>	<p>12 Pecan Pie Day 9:30 Stretcherize 10:30 News Corner 1:30 Performance by Robert Banks 3:15 Women's Manicures</p>	<p>13 National French Fries Day 9:30 Stretcherize 10:30 News Corner 1:30 Giant Connect Four 3:15 Happy Hour 6:00 Board Games</p>	<p>14 National Macaroni & Cheese Day 9:30 Stretcherize 10:30 News Corner 1:30 Bingo 3:15 Men's Manicures & Shaves</p>	<p>15 Be A Dork Day Staff Dress Down: Dorky Day! 9:30 Stretcherize 10:30 News Corner 12:00 Cook-out 1:30 Conversation Ball 3:15 Yahtzee</p>	<p>16 World Snake Day 9:30 Stretcherize 10:30 News Corner 1:30 Refreshments on the Porch 3:15 Card Games</p>
<p>17 Peach Ice Cream Day 9:30 Stretcherize 10:30 News Corner 1:30 Bible Stories 3:15 Peach Ice Cream Social 6:00 Movie Night</p>	<p>18 National Caviar Day 9:30 Stretcherize 10:30 News Corner 1:30 Trivial Pursuit 3:15 Cornhole</p>	<p>19 National Daquiri Day 9:30 Stretcherize 10:30 News Corner 1:30 Strawberry Daquiris! 3:15 Men's Manicures & Shaves</p>	<p>20 National Hot Dog Day 9:30 Stretcherize 10:30 News Corner 2:00 Sweet Ride Ice Cream Truck! 3:15 Happy Hour 6:00 Board Games</p>	<p>21 National Junk Food Day 9:30 Stretcherize 10:30 News Corner 1:30 Bingo 3:30 Rosary</p>	<p>22 Staff Dress Down: Christmas Outfits! 9:30 Stretcherize 10:30 News Corner 1:30 Christmas in July! 3:15 Women's Manicures</p>	<p>23 Vanilla Ice Cream Day 9:30 Stretcherize 10:30 News Corner 1:30 Refreshments on the Porch 3:15 Card Games</p>
<p>24 Parent's Day 9:30 Stretcherize 10:30 News Corner 1:30 Bible Stories 3:15 Jenga 6:00 Movie Night</p>	<p>25 Threading the Needle Day 9:30 Stretcherize 10:30 News Corner 1:30 Performance by Tom Kritschy 3:15 Ice Cream Sundaes!</p>	<p>26 Aunt & Uncle Day 9:30 Stretcherize 10:30 News Corner 1:30 Handpans with Donna 3:15 Cottage Store</p>	<p>27 Take your Houseplants for a Walk 9:30 Stretcherize 10:30 News Corner 12:15 Phillis Game Party! 3:15 Happy Hour 6:00 Board Games</p>	<p>28 National Waterpark Day 9:30 Stretcherize 10:30 News Corner 1:30 Bingo 3:15 Women's Manicures</p>	<p>29 National Lipstick Day Staff Dress Down: Beach Hat Day 9:30 Stretcherize 10:30 News Corner 12:00 Cook-out 1:30 UNO 3:15 Men's Manicures & Shaves</p>	<p>30 International Day of Friendship 9:30 Stretcherize 10:30 News Corner 1:30 Refreshments on the Porch 3:15 Card Games</p>
<p>31 National Watermelon Day 9:30 Stretcherize 10:30 News Corner 1:30 Bible Stories 3:15 Watermelon Social 6:00 Movie Night</p>						