

June 14th - Flag Day

Flag Day & US Army 247th Birthday Celebration!!!! This cake was a Kitchen Team labor of LOVE, and we are so thrilled that it received many "ooohs and aaahs".



June 19th - Father's Day



We celebrated Fathers with a Dads & Donuts event! Many of the "Dad" jokes that were shared were greeted with more groans than laughter, but a few did manage to make us chuckle.



"Dad, are bugs good to eat?" asked the boy. "Let's not talk about such things at the dinner table, son," his father replied. After dinner the father inquired, "Now, son, what did you want to ask me?" "Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone." ~ Mark Y.



Snuggle Bunny

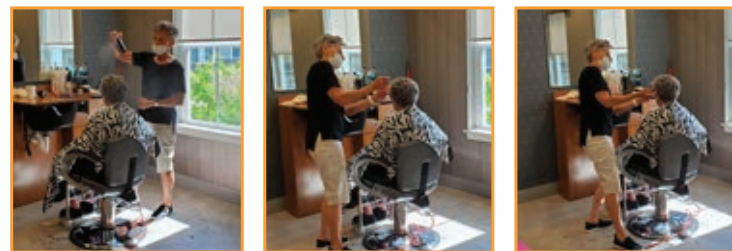
"Everybunny needs somebunny sometimes!"

We would like to thank, Molly, for bringing her eight-week-old bunnies (Oreo & Cookie Dough) to visit us! Molly is nine years old and loves sharing her bunnies with new friends.



Beauty Parlor

Thursday mornings are a great time to be pampered! Our beautician, Karen Marberger, is currently available on Thursday mornings if you would like a haircut. You can talk with Karen or any of our staff members to schedule an appointment. Karen will send an invoice so no need to have cash on hand. Additional appointment times will be made available as needed.



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

August 2022

Message from the President of Columbia Cottage



Make a Difference

Dreams are quite complex, aren't they? The other morning, I awoke from a deep sleep and remembered sitting by a small lake in Erie, Pa with my grandfather. It was a sunny afternoon day in August and Pop-Pop decided to take my brother and I to the local fishing hole. Well, the fish were not biting so my brother and I quickly found other things to do – like skipping stones on the water. We had a competition to see who could skip the farthest and who had the most skips. Well, I came in last and was quite upset since I was the only one who plays baseball. Since Pop-Pop won, he said he had something special for us. My dream skipped around for a bit, but I remembered us going into my grandfather's church and we all started to set up for a dinner event. My brother and I had to wash down the tables and set up chairs. After that, we were asked to peel the carrots and potatoes. My dream then took a weird turn and the last thing I remembered was that I was running to school to take a math test which I hadn't even studied for.... Crazy, right?

I share this quick story because it reminded me of the saying, "...like the ripple effect when a stone lands in a lake, so your kindness extends beyond your own initial effort...". Basically, when you do something for someone else, you forget about your own troubles. That's the thing about giving – making that positive difference for someone today leaves a legacy of kindness that can be passed on to others. Making a difference in someone's life can be as small as sitting down and talking to someone or as big as volunteering to build a much-needed community project. Therefore, I encourage us all to examine the positive difference you make in other's lives and begin to build your legacy today!

-Jim



1000 Alexandra Lane
Harrisburg, PA 17110
(717) 547-9781

Good Cholesterol and Alzheimer's Disease

HDL Cholesterol and Amyloid Plaques

Dr. Hussein Yassine and his research team found that participants with high levels of HDL had improved scores on cognitive tests. Yassine and the team believe that HDL may help "escort" amyloid plaques out of the brain. (Amyloid plaques are found in the brains of people with Alzheimer's disease.) These plaques are formed when peptides fold incorrectly and adhere to brain cells. This causes inflammation and disrupts normal brain cell functioning.

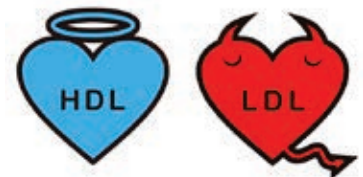
What can you do to increase good cholesterol?

1. Move your body.

Get up and walk around as much as you can. Instead of sitting and drinking coffee, grab a coffee and stroll around your neighborhood. At work, schedule walking meetings or move around on your breaks. Take your phone calls outdoors or on an exercise bike or treadmill.

2. Feed your body.

For a few decades, we were taught that all fat was bad. It is time to unlearn that. Many foods are filled with healthy unsaturated fats. Indulging in yummy foods such as avocados, salmon, trout, nuts, berries, cremini mushrooms, and olive oil will boost HDL, while oatmeal reduces LDL ("bad cholesterol"). Check food labels: soybean oil, often used in pre-packaged food, decreases HDL and increases LDL.



3. Fiber is your friend.

Soluble fiber has been shown to reduce cholesterol absorption into your bloodstream, so fill up on fiber—around 25 grams per day. Beans, legumes, vegetables, many fruits, whole grains, berries, and even popcorn can help reduce cholesterol by trapping fats so they cannot be absorbed.

4. Shed extra weight.

It is easier said than done, but losing just five pounds can help lower LDL. Some people have had luck following a low-carb diet, which can help you lose weight by keeping you feeling satiated with fewer overall calories. Without as many carbs, your blood sugar will spike less, getting you off the cycle of needing to eat to fend off a sugar crash.

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

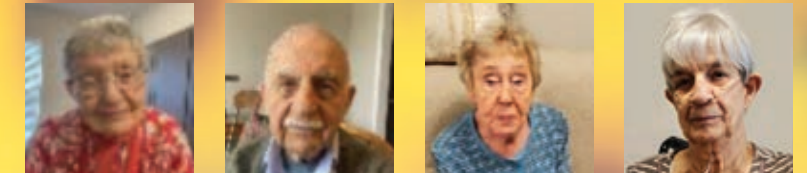


Please review your experience with us:
<https://www.columbiacottage.com/experience/>



August 2022

Welcome our new residents!



Kathleen Comito Philip Comito Dolores McCowan Patricia Lunt

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Key: MP - Multi-Purpose Rm. SR - Sunroom in 300's CK - Country Kitchen 300's Ind. - Independently CY - Courtyard by the 200's MC - Memory Care Unit L - Library RV - Room Visits</p>	<p>1 10:00 Up N Exercise-MP 10:30 Welcome August-MP 1:30 Word Mining--MP 2:00 Pinochle-MP</p>	<p>2 10:00 Balloon Volleyball-MP 10:30 UNO-MP 1:30 It's A Guy Thing-SR 2:45 Eucharist Ministry-MP</p>	<p>3 <i>Tony Bennett Day</i> 10:00 Stretching- MP 10:30 Music of Tony Bennett- MP 1:30 Chit-Chat- MP 2:00 Candy Bar Bingo- MP</p>	<p>4 10:00 Courtyard Strolls-CY 10:30 Friendly Visits-I 1:30 Scripture & Song-MP 2:00 Creative Arts: Drawing- MP</p>	<p>5 10:00 Chair Tai Chi- MP 10:30 "Yes, I have" game-MP 1:30 Bird Watching-SR 3:00 Happy Hour -MP</p>	<p>6 10:30 Courtyard Strolls-CY 2:00 Card Club-L 3:00 Turner Classic Movies Ch. 42-I</p>
<p>7 <i>International Friendship Day</i> 10:00 Religious Services-Ind. TV Channel 44 or Worship Independently at your leisure 2:00 Sunday Social w/Coffee-MP</p>	<p>8 10:00 Up N Exercise- MP 10:30 Jeopardy Trivia- MP 1:30 Ring Toss-MP 2:00 Name That Tune-MP</p>	<p>9 <i>Celebrating Elvis</i> 10:00 Chair Dancing-MP 10:30 "All Shook Up" Sing-along- MP 1:30 Who/What Am I? -MP 2:45 Eucharist Ministry Visits- MP</p>	<p>10 <i>"You're on Candid Camera" Day</i> 10:00 Stretching- MP 10:30 Candid Camera Classics- MP 1:30 Chit-Chat- MP 2:00 Bingo- MP</p>	<p>11 10:00 Courtyard Strolls-CY 10:30 Friendly Visits-I 1:30 Creative Arts Class With Emily-MP</p>	<p>12 10:00 Chair Yoga- MP 10:30 Phase 10-MP 1:30 Horseshoes-MP 2:00 Movie Matinee-MP</p>	<p>13 10:30 Courtyard Strolls-CY 2:00 Board Games-L 3:00 Turner Classic Movies Ch. 42 -I</p>
<p>14 <i>Creamsicle Day</i> Orange Creamsicle floats will be served during the evening meal 10:00 Religious Services-Ind. TV Channel 44 or Worship Independently at your leisure 2:00 Sunday Social w/Coffee-MP</p>	<p>15 <i>National Relaxation Day</i> 10:00 Up N Exercise- MP 10:30 Name Five-MP 1:30 Relaxing in Nature-MP 2:00 Hand Massages-MP</p>	<p>16 10:00 Bible Study w/ Pastor Starnes- MP 1:30 Dominoes-MP 2:45 Eucharist Ministry Visits- MP</p>	<p>17 <i>Baby Boomers Recognition Day</i> 10:00 Stretching- MP 10:30 Baby Boomer Generation Fast Facts- MP 1:30 Chit-Chat- MP 2:00 Bingo- MP</p>	<p>18 <i>Antiques Day</i> 10:00 Courtyard Strolls-CY 10:30 Friendly Visits-I 2:00 Antique Road Show-MP Bring your favorite antique to share with the group! 3:00 Cottage Store-MC Bring your Bingo Bucks!</p>	<p>19 <i>Potato Day</i> Check every meal for your favorite spud! 10:00 Chair Tai Chi- MP 10:30 A-Z Topics-MP 1:30 Bird Watching-SR 3:00 Happy Hour & Karaoke! -MP</p>	<p>20 10:30 Courtyard Strolls-CY 2:00 Card Club-L 3:00 Turner Classic Movies Ch. 42-I</p>
<p>21 10:00 Religious Services-Ind. TV Channel 44 or Worship Independently at your leisure 2:00 Sunday Social w/Coffee-MP</p>	<p>22 <i>Golf Month</i> 10:00 Balloon Volleyball-MP 10:30 Current Events-MP 1:30 Golf Putting-CK 2:00 Arnold Palmers & Golf Trivia-MP</p>	<p>23 <i>Honeybee Day</i> Fresh Honey will be served with tea & dessert 10:00 Let's Try Kickboxing! -MP 10:30 Lifelong learning: The Honeybee -MP 1:30 Jigsaw Puzzle - L 2:45 Eucharist Ministry Visits- MP</p>	<p>24 <i>Sunflower Month</i> 10:00 Stretching-MP 10:30 Sunny Sunflowers-MP 1:30 Chit-Chat- MP 2:00 Bingo- MP</p>	<p>25 10:00 Courtyard Strolls-CY 10:30 Friendly Visits-I 1:30 Creative Arts: Adult Coloring Club- MP 2:00 Travelogue- MP</p>	<p>26 <i>Beat the Heat Month</i> 10:30 Resident Council Meeting- MP 2:00 Water Balloon Games - CY Come prepared to get wet! 2:30 Popsicles-CY</p>	<p>27 10:30 Courtyard Strolls-CY 2:00 Board Games-L 3:00 Turner Classic Movies Ch. 42-I</p>
<p>28 10:00 Religious Services-Ind. TV Channel 44 or Worship Independently at your leisure 2:00 Sunday Social w/Coffee-MP</p>	<p>29 <i>August is a Goldmine</i> 10:00 Gold Scavenger Hunt 10:30 Name that Golden oldie- MP 1:30 Discuss & Recall: The Klondike Gold Rush 2:00 Gold Rush Party-MP Winner of the scavenger hunt will be announced at the party!</p>	<p>30 10:00 Balloon Volleyball- MP 10:30 The Write Word Game- MP 1:30 Wellness Program: Living longer in the blue zones- MP 2:45 Eucharist Ministry Visits- MP</p>	<p>31 10:00 Stretching- MP 10:30 Current Events- MP 1:30 Chit-Chat- MP 2:00 Bingo- MP</p>	<p><i>Congratulations!</i></p> <p>Staff Birthdays Tia Harris, 8/13</p>		