

Chit Chat

Volume 49— Issue November 2022



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Being Thankful

By: James Atkins

I could list the gifts I'm thankful for and write until next week.

My health, my eyes, my darling spouse, my Grandchild's rosy cheeks.

Treasured friends, that if I called, would say, "I'm on my way"

A precious mother, that lucky me, turns eighty-one today.

Children I am so proud of, sisters that make me smile,
Little ones that call me Pops; my list could reach for miles.

A soldier in some foreign place, assuring liberty for me.
A sunny sky, a frosty morn, a blue-green shimmering sea

I'm thankful that in this land I love, we're free to disagree,
where we aspire to be so much more than mediocrity.

I keep this mental list of gifts and add to it each day, like
God's unique and precious love, whose patience never sways.

A similar list I know you have, so think on that awhile,
and be thankful friends, that everyday our gifts outweigh our trials.

Have you been kind to someone today?

Happy Birthday Residents



- | | |
|----------------|---------|
| 1. Gloria B. | Nov. 07 |
| 2. Wayne C. | Nov. 05 |
| 3. Kathleen C. | Nov. 22 |
| 4. Mary D. | Nov. 30 |
| 5. Steven J. | Nov. 26 |
| 6. Faith L. | Nov. 08 |
| 7. Patsy Mc. | Nov. 08 |
| 8. Carole P | Nov. 19 |
| 9. Winifred R. | Nov. 27 |
| 10. Gerald R. | Nov. 16 |
| 11. Denise R. | Nov. 13 |
| 12. Bernice S. | Nov. 30 |
| 13. Gloria T. | Nov. 12 |

Staff Birthdays

- | | | |
|------------------|---------|-------------|
| 1. Grace K. | Nov. 1 | Nursing |
| 2. Barbara M. | Nov. 1 | Quality A. |
| 3. Ruth C. | Nov. 2 | Nursing |
| 4. Troy P. | Nov. 2 | EVS |
| 5. Candice S | Nov. 4 | Nursing |
| 6. Shantell C. | Nov. 5 | Nursing |
| 7. Erica J. | Nov. 8 | Nursing |
| 8. Peter P. | Nov. 11 | Admin. |
| 9. Brenda J. | Nov. 12 | Nursing |
| 10. Happiness O. | Nov. 14 | Nursing |
| 11. Bonnie K. | Nov. 15 | Beauty Shop |
| 12. Shelia K. | Nov. 15 | Nursing |
| 13. James H. | Nov. 18 | Dietary |
| 14. Theresa M. | Nov. 19 | Nursing |
| 15. Josephine J. | Nov. 23 | Nursing |
| 16. Adrienne P. | Nov. 30 | Nursing |
| 17. Agatha M. | Nov. 30 | Nursing |
| 18. Donna W. | Nov. 30 | Nursing |

Staff Anniversaries

- | | | | |
|----------------|-----------------|----------|---------|
| 1. Peter P. | Administration | 11/23/76 | 46 yrs. |
| 2. Joyce K. | Nursing | 11/5/10 | 12 yrs. |
| 3. Christie K. | Dietary | 11/6/13 | 9 yrs. |
| 4. Laura M. | Nursing | 11/3/14 | 8 yrs. |
| 5. Diane B. | Social Services | 11/9/16 | 6 yrs. |
| 6. Charles S. | Dietary | 11/8/17 | 5 yrs. |
| 7. Karen M. | Dietary | 11/7/18 | 4 yrs. |
| 8. Nathan K | Dietary | 11/7/18 | 4 yrs. |
| 9. Kimberly M | Dietary | 11/7/18 | 4 yrs. |
| 10. Allen B. | Dietary | 11/20 19 | 3 yrs. |
| 11. Dalia E. | Dietary | 11/20/19 | 3 yrs. |
| 12. Grace K. | Nursing | 11/26/19 | 3 yrs. |
| 13. Cynthia A. | Acct. Admin. | 11/13/19 | 3 yrs. |

At Your Service

Board of Directors
Chairperson
T. Joyce Jordan

Members

Wendell G. Baxter

Curtis Beulah

John P. Correr, Jr.

Bob Greene

Anna Mae Roberts

Patricia Scott-Badeker

James Welch

Kimberly Zavrotny

Administrator

Peter A. Panos
Department Directors

Activities

Jocelyn Silver, ADC

Business Operations

Cindy Quimby

Dietary

Darrick DeBoard Sr.
CDM, CFPP

Environmental Services

And Laundry

Theresa Gebhardt

Facility Operations

Joseph Jones

Human Resources

Diana George

Medical Director

H.S. Sim

Nursing

Cassie Evering, RN

Risk Management

B J Magness, RN

Social Work

Diane Brusio

Volunteer / Public

Relations

Janet McDonald



The Marines I have seen around the world have the cleanest bodies, the filthiest minds, the highest morals and the lowest morals of any group of animals I have ever seen. Thank God for the Marines! —Eleanor Roosevelt

The 10th of November 1775 is the Marine Corps birthday. We were born in a tavern in Philadelphia. Modeled after the British Marines to protect our ships and crews. Thousands and thousands of good men have died for our country in the Marine Corps. We have been in most of the wars America has been involved in.

I joined the Marine Corps in the Autumn of 1957. I thought I was tough as nails, little did I know I was still wet behind the ears. My Drill instructors were not patient and kind. In fact they were just the opposite. Demanding, shouting, in my face, always there with eagle eyes to point out what I had done wrong. From morning till night the DI guided me then after a few weeks it became us, The “I” disappeared and we became a group. Not Marines yet but on the way. Then I finished boot camp.

I went in after the Korean war and before the Vietnam war. I was in supplies. I was still a boot (no stripes) but I was blessed with a kind Master Sargent. He was a good friend, wise and understanding , and continued my training, and soon I started getting stripes.

The Marine Corps taught me how to live. It was interesting and eye opening, for this country boy. There was so much to learn.

1775 was only the beginning, with each month bringing new challenges for the Corps. The world became an arena and I was a small part, but I did my part to the best of my ability.



Resident Council Invites You to Join Them

The Resident Council of Citizens meets once a month. We gather together for you to have a chance to express your concerns and comments. Won't you join us next month on Thursday, November 17th at 2:30 pm ?

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Citizens Appreciates Their Staff!

Staff enjoyed two specials this past October

On the 14th we enjoyed cookies from the “Cookie Cooker” They were served along with frozen coffee drinks under the canopy in the courtyard. Everyone said they were really good. Thank you Julie Mann the “Cookie Cooker” On the 31st we had pretzels and dip from the Philadelphia Pretzel Factory. Drinks were served. Many dressed up for Halloween and all had a good time.



Halloween at CCRC



From Left to Right: Shae Clem, Cassie Evinger, Erica Waibel, Janel Beverly, Dondrea Moore and Mamie Baldwin.



From Left to Right
Alicia Smith
Christie Keller
Tricia McBride



From Left to Right
Katina Copeland,
Bethany Quimette
Dwight Johnson
Erin DiGiovanni
Theresa Gebhardt



From Left to Right: Hope DeHaven, Diana George, Julie Janney, Barbara Bryant and Jocelyn Silver



From Right to Left: Diane Bruso, Susan Pena, Emily Tillman and Joanne Coffing



From Left to Right
Becky McManus,
JoAnn Coffing
Mercy Hood and Nohelia Belgrave

The Chit Chat Staff Editor, Jocelyn Silver, ADC
Additional Support, Janet McDonald

Harford Community College Students

We are so grateful that Harford Community College comes to us for their clinical training. These bright young students offer so much more than just nursing care. They help to take our residents on walks whenever the weather is pretty. One young man even shared his voice and talents on the guitar with our residents in BL. Bryan pictured below was a big hit with everyone. Then after the concert 16 residents were taken on a walk to the lighthouse and promenade. Thank you Harford for making a difference in our residents' lives.



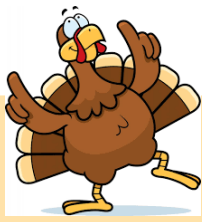
Lauren, Lauryn, Ayesha, Nicole, Audry, Jenna and Felix. Residents Winn, Bev and Sonny

Lauren, Lauryn, Nicole, Audry, Jenna and resident Lisa

Lunch and Pumpkin Pie Making in the Chesapeake Room

On Nov 15th residents from Harbor View will have the opportunity to come down to the Chesapeake Room for pumpkin pie making and having lunch in the dining room. Then on the 22nd Bay Lane will have the same opportunity to come and make pumpkin pies and have lunch in the dining room. While we are waiting for the pies to be done we will reminisce about the Thanksgiving holiday and the way we celebrate the holiday today compared to how it was celebrated in years gone by. This activity will start at 10:45 am each day.

We cannot direct the wind...but we can adjust our sails!



Laughter is Good for All!

1. Why didn't the turkey want any dessert? He was stuffed!
2. What do you call a turkey the day after Thanksgiving? Lucky!
3. What do you call a running turkey? Fast Food!
4. Why do turkeys only star in R rated movies? They use fowl language!
5. If you call a large turkey a "Gobbler" what do you call a small turkey?
A "Goblet"!
6. "Knock Knock." "Who's there?" "Norma Lee." "Norma Lee who?" "Norma Lee I don't eat this much!"
7. Why was the Thanksgiving soup so expensive? It had 24 carrots.
8. My family told me to stop telling Thanksgiving jokes, but I said I couldn't quit cold turkey.
9. Why do Pilgrims' pants always fall down? Because they wear their buckles on their hats!
10. How did the salt and pepper welcome all the guests? By saying, "Seasoning's greetings!"

Finish these common sayings.

1. There's always something to be _____ for.
2. There's always room for _____.
3. Give thanks with a _____ heart.
4. Pumpkin spice and everything _____.
5. Thankful and _____.
6. Pumpkin kisses and harvest _____.
7. Leftovers are for _____.
8. Eat, drink, and be _____.

Answers

1. Thankful, 2. Dessert, 3. Grateful,
4. Nice, 5. Blessed, 6. Wishes, 7. Quitters,
8. Merry

Thanksgiving Menu

Served for Lunch on the 24th

From the CCRC Kitchen your meal will be:

Split Ham and Bean Soup

Dinner Roll

Roasted Turkey

with Turkey Gravy

Corn Bread Stuffing

Country Green Beans

Whipped Sweet Potatoes

with Marshmallows

Pumpkin Bars with

Whipped Topping

Beverages



- The first Thanksgiving was celebrated in 1621 over a three day
- harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present. Turkey was not on the menu for the first Thanksgiving.

Movie Line Up for November

November

- 1 2:30 pm **Bachman Turner Overdrive**—One of the biggest bands ever!
- 2 6:30 pm **Arsenic and Old Lace**—Comedy, starring Cary Grant
- 3 2:30 pm **King Charles the III**— This is a timely examination of contemporary Britain.
- 4 6:30 pm **Death on the Nile**— This tale of passion and jealousy is filled with wicked twists and turns that will have you guessing until the shocking finale.
- 5 4:00 pm **Uncharted**— A treasure hunt in modern times
- 6 4:00 pm **Love and Monsters**— Imaginative post-apocalyptic coming of Age story.
- 7 6:30 pm **Mr. Hobbs Takes a Vacation**—Jimmy Stewart and Maureen O'Hara, in this comedy about a man just wanting some peace & quiet.
- 8 2:30 pm **American Underdog**—No one wins alone in a football game.
- 9 6:30 pm **Orphan Horse**—A young runaway bonds with a filly.
- 10 2:30 pm **Search for Atlantis**— Follow Jacques Cousteau 's adventure
- 11 6:30 pm **For One More Day**—A desperate man is granted one more more day with his departed mother
- 12 4:00 pm **Miss Willoughby and the Haunted House**, a murder mystery
- 13 4:00 pm **Narnia**, Prepare to be transported into another world
- 14 6:30 pm **When Love Is Not Enough**— A story of devotion and hope
- 15 2:30 pm **Puppy Pals**—Who doesn't love puppies
- 16 6:30 pm **Space Jam**—Cartoons meet LeBron James, basketball star
- 17 2:30 pm **Bohemian Rhapsody**—A celebration of "Queen's" music
- 18 6:30 pm **Game of Shadows**—Sherlock Holmes at his best
- 19 4:00 pm **The Matrix, Resurrections**—Return to the two realities
- 20 4:00 pm **Almost Heroes**—Comedy/Spoof
- 21 6:30 pm **The King's Speech**—Overcoming a speech impediment
- 22 2:30 pm **God Bless the Broken Road**—No matter where life takes you, faith takes you further
- 23 6:30 pm **The Art of Racing in the Rain**—Beautiful, thought-provoking this movie will capture your heart.
- 24 **Happy Thanksgiving to All!!**
 - 9:00 am **Channel #3 NBC The Macy's Day Parade**
 - 12:00 pm **Channel #3 NBC The National Dog Show**
- 25 6:30 pm **Elizabeth is Missing**—A heartrending whodunnit
- 26 4:00 pm **"13" Minutes**—Surviving a massive storm
- 27 4:00 pm **Casino Royale**—A 007 film, nobody does it like Bond
- 28 6:30 pm **Clue Love**—Ambitious journalist falls in love unexpectedly
- 29 2:30 pm **Bachman Overdrive**—Turner Overdrive Band story
- 30 6:30 pm **A Dog's Journey**—The story of a Dog's Purpose continues



Silly Laws in MD

1. In Baltimore MD it is illegal to take a Lion into the movie theater with you. You read that right, you can't take a lion on a date to the movies!
2. It is illegal to eat in the ocean. Do you think they don't want you to wind up dinner for a big fish attracted to your dinner?
3. It is illegal for a male Marylander to buy a female bartender a drink.
4. It is illegal to be a fortune teller in Caroline County MD. You could land in jail for 6 months and get a \$100.00 dollar fine for telling the future.
5. It is illegal for a wife to go through her husbands pockets while he is asleep. Check them on laundry day girls!



Ms. Wruble Reminisces

By: Kathleen Wruble



Thanksgiving brings with it many types of traditions. Some traditions are carried down from one generation to the next over several generations. Some begin when a young couple starts their own traditions. No matter how long a tradition may last, each one is just as important as the next one.

In my own family we have observed many types of traditions. For many families the tradition begins with taking a loaf of bread or some other part of the Thanksgiving meal to church to be Blessed by the minister. My family had carried out this tradition each year. We would serve the bread with the salad.

Another long standing tradition that more and more families practice is the decorating of the Christmas tree the weekend after Thanksgiving. This is officially the beginning of the holiday season.

The next family tradition for my family was eating dessert and coffee while watching NFL football. When I was a teenager the professional football playoffs were played much earlier than they are now. Football for many families are a big part of the holiday. Some families even play football out in the yard before eating their holiday meal.

The final tradition for my family was shopping. For many people, the Christmas shopping begins after the Thanksgiving holiday. Stores feature Black Friday specials which entice many a weary shopper into their stores.

No matter how your family practices the holiday, Thanksgiving is a day to value your family and friends and to be thankful for all the Blessings that the last year has given to your family.



Volunteer News

Help others get ahead. You will always stand taller with someone on your shoulders.

Thank you young at Heart and the CCRC Guild Auxillary for the generous donation for the Bingo quarters. Also thank you Diane Brusco for Gift Shop donations and Tina and Rick Ashmund for the stuffed animals to be used on the prize carts.

Because of the all these generous donations we are fortunate to be able to keep up with the monetary bingo prizes given each week. Citizens is grateful for these friends that continue to give so freely.

Volunteer Opportunities

Volunteers are needed to assist the activity department staff with resident bingo.

2:30 pm. Volunteers must be registered and must complete a background check and meet all COVID 19 protocols. Orientation is provided.

Gift Shop Attendant: Days and Hours are flexible to meet your schedule. For more information or questions about opportunities, volunteer services or COVID 19 protocols contact Janet McDonald at 410-939-2112.

Autumn Baskets of Cheer Raffle

On November 22nd we will be drawing the two Baskets of Cheer raffle winners. All the proceeds of this raffle go to purchasing the residents Christmas gifts from the Resident Council. Ticket cost is 1 ticket for \$3.00, 3 tickets for \$5.00 or 5 tickets for \$8.00. All help is gratefully appreciated.



1. Stainless



2. Copper



Personality can open doors, but only character can keep them open.

Voting at Citizens

19 residents at CCRC exercised their right to vote at the end of October.



Harford County library, is coming back Wednesday, November 23rd. All books will be picked up the day before.



Care begins with compassion.

Telephone Assurance Program

(T.A.P.) is a free service provided by Citizens Care and Rehabilitation Center and a volunteer who makes the daily person to person telephone calls to individuals who live alone or have medical problems but wish to remain at home. A volunteer with T.A.P. checks on the well-being of the participant daily. T.A.P. operates seven days a week, 9:00 am-11:00 am. All information received by T.A.P. is kept confidential. If interested in this free service in Harford County contact Janet McDonald at 410-942-2112.

Citizens Care and Rehabilitation Center is on Facebook!



Notice

We wish to reaffirm our policy that all persons regardless of race, color, religion, sex, national origin, disability, age, genetics, marital status or sexual orientation are considered for employment or admission to Citizens Care and Rehabilitation Center.

Flexible people never get bent out of shape!