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Chit Chat

Volume 47— Issue

September 2022



Good News for Staff and New Recruits!

Know a compassionate caregiver?



Citizens is Now Hiring Nurses (RN, LPN)
and Geriatric Assistants (GNA).

**Refer-a-Friend and
We'll Pay You \$5,000***

For more than 50 years, Citizens Care has been committed to providing every resident with love, respect, and the best personal care possible. If you know a compassionate, and reliable professional with a desire to make a difference,

we want to hear from you!

*Call Diana George 410-942-2102 *conditions apply.*

\$50 Summer gas card give away continues with two lucky winners chosen who have worked in the prior week. Winners photos page 4.

On July 22nd we had Sub sandwiches made by “Herbs on the Curb” and “Pat’s Pizzeria”. You can expect more specials as time goes on. Up-coming specials: September 9th-ice cream or snowballs. October 14th Cookies and Frozen Coffees.

We thank you for choosing Citizens. Without the dedicated staff that we have we would not be able to deliver the quality care that we are known for.

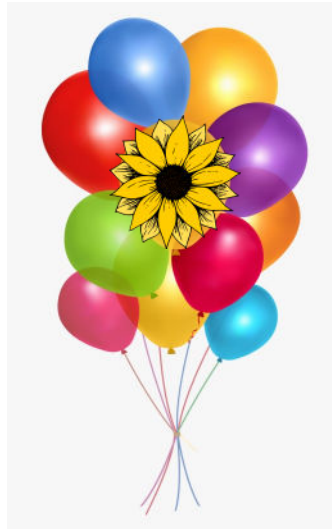


Resident Birthdays




August, 2022

1. Beverly B. 8/28
2. Dorothy G. 8/24
3. Margaret H. 8/06
4. Marion H. 8/21
5. Virginia I. 8/31
6. Linda P. 8/04
7. Beverly S. 8/14
8. Holly T. 8/22
9. Christine W. 8/21
10. George Ann W. 8/27



Staff Birthdays

- | | | |
|----------------------|---|---------------------|
| 1. Shae C. 9/2 |  | 11. Mamie B. 9/26 |
| 2. Kimberly M. 9/3 | | 12. Barbara M. 9/27 |
| 3. Alicia S. 9/4 | | |
| 4. Bonface N. 9/5 | | |
| 5. Arlene H. 9/6 | | |
| 6. Thomas B. 9/8 | | |
| 7. Nathan K. 9/12 | | |
| 8. James B. 9/15 | | |
| 9. Helen K. 9/20 | | |
| 10. Rosemond F. 9/22 | | |



Staff Anniversaries

- | | |
|-----------------------------|------------------------------|
| 1. Brandy B. 9/23 20 yrs. | 12. Antoinette P. 9/15 1 yr. |
| 2. Mary D. 9/30 13 yrs. | 13. Hope D. 9/17 1 yr. |
| 3. Casandra E. 9/29 12 yrs. | 14. Laura G. 9/22 1 yr. |
| 4. James B. 9/7 11yrs. | |
| 5. Rosemond F. 9/6 6yrs. | |
| 6. Cierra R. 9/13 5 yrs. | |
| 7. Manes H. 9/13 5 yrs. | |
| 8. Happiness O. 9/25 3 yrs. | |
| 9. Nancy A. 9/18 3 yrs. | |
| 10. Krista D. 9/4 19 yrs. | |
| 11. Ramona E. 9/2 1yr. | |



CONGRATULATIONS!

At Your Service

Board of Directors
Chairperson
T. Joyce Jordan

Members

Wendell G. Baxter

Curtis Beulah

John P. Corrieri, 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 Bruso

Volunteer / Public

Relations

Janet McDonald



Thank God for our GNA's

The person that helps me to get up everyday is my GNA. She is always there for me. They get me dressed and looking good for all the world to see.

Often they remember when I forget to shave, or forget that it's Bingo or Pokeno day. They remind me just about everything. I hate to say it but sometimes I'm grouchy and ill tempered. Hopefully this is seldom. But they keep on smiling just as they have been taught to.

I thank God for them and the constant care they give me. When I forget something, they remember it. I know it is so easy to blame our GNA when things go wrong but remember they cover our backs.

By: Sonny, Harborview

Resident Council News!

The Resident Council of Citizens met on Thursday, August 18th at 2:30 pm outside on the porch under the awning. It was a big day for Resident Council. Sonny brought the meeting to order at 2:30 pm. By the time the meeting was over we had a new Chairperson and they voted on whether another

Christmas Raffle would be started in September with all the proceeds going towards buying Christmas gifts for the

residents. The new Chairperson is Margaret Malvaso (Maggie) from Bay Lane. We wish her all success in her new position. At the same time we thank Sonny for being the Chairperson for almost 3 consecutive years. He was an excellent

Chairperson and he promises that he will continue coming to the meetings and bringing his suggestions

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Did you know??? Be glad you didn't fight in the Civil War. Acorns were used as a coffee substitute during the war. Soldiers were not fooled!





Winners of the Gas Cards

The following staff members were the lucky winners of the random gas card drawings so far.

July 31 — August 6

August 7th — August 13th



Dondrea M. and Kimberly M.

*Ray E. and Josette T.
Not Pictured*

August 14 — August 20

*Irene V. and Terrie H.
Neither one are pictured.*

Thank you for your dedication to Citizens.




**Be the change you
want to see
In this world!**



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



Did you know??? The filling in a Kit Kat candy bar is made up of defective Kit Kat bars. Talk about repurposing!



Did You Know??? That 20 minutes of laughter can lower your blood pressure and alter your appetite hormones just like exercise.

Keep on Laughing



The Curse of the Younger Married Woman,

1. A businessman boarded an international flight and found a fancy young woman seated next to him wearing a large diamond ring. During the flight he asked her about the ring. It is the Klopman diamond, but it comes with a curse,” “What’s the curse?” he asked. She replied, “Mr. Klopman.”

2. **STINGY OLD LAWYER,** A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, “You can’t take it with you. After much thought and consideration, the old ambulance-chaser finally figured out how to take at least some of his money with him when he died. He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed. *His plan:* When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer’s wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash. “Oh, that old fool,” she exclaimed. “I knew he should have had me put the money in the basement.”

3. **EXERCISES FOR SENIORS,** You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can. *After a few weeks, I moved up to 10-pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute! Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.*



Did you Know??? That in 1808 two idiots decided it would be a good idea to dual with pistols in hot air balloons. The first balloon shot, crashed to the ground, leaving the other guy floating away.

Kathleen's September Thoughts



The Labor Day holiday has arrived once again. As we think about Labor Day we should take a few moments to reflect on the jobs that people fill in our lives every day. These jobs are varied yet each one is as important as the next.

Some jobs are designed to keep us safe. While others take care of our own daily needs. Every person in life has a job or role to fill. Some are harder than others yet each is important to keep our home running smoothly.

So take time to thank the people in your life. Tell them how grateful you are for the help that they provide for you each and every day. Thank your caregivers here at Citizens. The jobs they do are difficult and often the workers go on without being told thank you. Take time to appreciate the individual behind the job.



By: Kathleen, Bay Lane

Finish these common phrases or idioms all involve heat, light or fire.

1. Cast light on the _____
2. Hot off the _____
3. The darkest hour is just before _____
4. The lights are on but nobody is _____
5. Hot under the _____
6. Keep the home _____ burning
7. Don't burn your _____
8. All sweetness and _____
9. In the cold light of _____
10. Where there's smoke there is _____

Answers

1. situation
2. presses
3. dawn
4. home
5. collar
6. fires
7. bridges
8. light
9. day
10. fire

Did you know??? Al Capone's business card read:
Capone's Furniture, We'll Murder the Competition.





Movie Line Up for September 2022

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- 1st—***Altitude not Attitude***, *The true life story of Michael Warkentin, one of the happiest man you'll ever meet, who happens to be a quadriplegic.*
 - 2nd—***Good Hair***, *is Hilarious, Chris Rock visits Beauty Salons and the struggle of the Black community.*
 - 3rd—***Love Gilda***, *True life story of Gilda Radner.*
 - 4th—***Dog Days***, *Moving, heartfelt an funny.*
 - 5th—***Jumanji II***, *The next Level.*
 - 6th—***Horses***, *The story of Equus, Three horses, three lives and one Magical Journey.*
 - 7th—***War Horse***, *a WWI tale of incredible loyalty, hope and tenacity between a young man and his horse.*
 - 8th—***Game Changers***, *hosted by Alex Trebek*
 - 9th—***Dr. No***, *This is the film that launched the James Bond 007 series.*
 - 10th—***Mulan***, *A fearless young woman risks everything for her family.*
 - 11th—***Singing in the Rain***, *Watch Gene Kelly, Debbie Reynolds and Donald O'Connor sing and dance their way into your hearts again.*
 - 12th—***Sherlock Holmes***, *enjoy this remake of the Holmes and Watson solving mysteries with wit and edgy dialogue.*
 - 13th—***Visions of Sicily***, *Learn how to appreciate one of Italy's treasures.*
 - 14th—***The War with Grandpa***, *Old School vs New Cool.*
 - 15th—***Cat and Dog Tales***, *Cats can be perplexing pets. Do dogs really Love us?*
 - 16th—***Wonder Woman***, *Watch Wonder Woman tackle new foes.*
 - 17th—***Elvis, Fun in Acapulco***, *Elvis sings and chases women in this 1963 film.*
 - 18th—***The Jungle Cruise***, *A thrilling adventure packed with laughter and excitement.*
 - 19th—***Death on the Nile***, *This tale of unbridled passion and jealousy is filled with wicked twists and turns will keep you guessing.*
 - 20th—***Great Drives on Hallowed Ground***, *a dazzling new look at Americas historical spots.*
 - 21st—***Dune***, *Out of this world adventure, nominated for best picture.*
 - 22nd—***Rudy Maxa's World, Looks at Japan***, *Travelogue*
 - 23rd—***The Call of the Wild***, *Buck, a big hearted dog and the man he must learn to trust.*
 - 24th—***Breakthrough***, *A true story of faith and love creating a mountain of hope.*
 - 25th—***Jerry Maguire***, *A sports agent with ambition and no scruples.*
 - 26th—***Monster Hunter***, *A world of dangerous and powerful monsters.*
 - 27th—***Designing Dogs***, *What is a Designer Dog, they are the new breeds.*
 - 28th—***A Dog's Purpose***, *An adorable and heartwarming film.*
 - 29th—***Visions of Nature***, *Timescapes, Wilderness*
 - 30th—***The Queen***, *A brilliantly Crafted Drama. Wickedly funny*
- 



How Much Do You Know About your City, Havre de Grace, MD

Can you answer these questions about the city in which you live?

- 1. How many times has Havre de Grace been burned down? Once, Twice or Three times?*
- 2. Did the Susquehanna ever freeze hard enough to lay the railroad tracks down on the ice and drive across with a heavy locomotive?*
- 3. What is the Oldest Bakery in Havre de Grace?*
- 4. When did Harford Memorial Hospital first open it's doors to receive patients?*



Answers below and upside down.

Answers: 1. Twice, once in 1770's by the British and then again 43 years later during the War of 1812 in 1813, also by the British.
 2. Yes, the river did freeze hard enough to lay train tracks over it and then run the train over the frozen ice.
 3. Goll's Bakery is the oldest in Havre de Grace. It was established in 1934. It is family owned and operated ever since.
 4. The hospital began receiving its first patients in January of 1912. The building was formerly owned by George A. Baker and stood on a property now incorporated into the present Harford Memorial Hospital. Then, with enthusiastic public support, the Havre de Grace Hospital opened its doors in 1918. 1912 picture above of first hospital.

Can You Find All The Sunflowers ?

Count up the sunflowers in this Chit Chat and you can win a prize. Be careful though, they are every where and some are really small and some are just partial flowers, but count them all. Submit your guess to Activities. We are waiting with the prizes.



Fun Fact: There are more than 60 varieties of sunflowers.





Volunteer News

Thank You to...



Thank you to the following people who donated items to sell in the gift shop. Mamie Baldwin, Theresa Gebhardt, Reba Grove, Cindy Quimby and Jocelyn Silver Without the generous donations made to the gift shop the Guild would not be able to give as much as they do to our resident's.

Welcome New Volunteer

Margaret Albano "Maggie" will be serving as hospitality/activity volunteer on the Tidewater Cove unit. Maggie is a retired registered nurse. Welcome to Citizens Maggie we are glad you are here.

Volunteer Opportunities

- 1. Activity volunteers are needed to assist the activity department staff with resident Bingo, Pokeno and Memory Match. These games are being held in the units dayrooms on scheduled days starting at 2:00 pm.*
- 2. Hospitality volunteer on units are needed to help support our nursing department. Hours are 9 am -2:00 pm. Duties include making beds, providing hydration, transporting to activity on unit and helping if needed. Passing out meal tray and sut up. Picking up meal trays. Training is provided during orientation*

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





August Brings a Bit Better Weather

On August 12th two residents tested the waters by going outside for a walk down to the lighthouse. The weather was beautiful and spirits were high. We are hoping as the weather cools we will be able to have more activities outside.



Care begins with compassion.



Harford County Library, Silver Reader Van is coming back Wednesday, September 21st at 2:00 pm. All books will be picked up the day before.



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.

