

AUGUST 2018

Transitions Times

Transitions Health Care llc, 8850 Barnes Lake Rd, North Huntingdon, PA PH# 724-864-7192



Celebrating August

Happiness Happens Month

**Read a Romance Novel
Month**

Watermelon Day
August 3

Farmers' Market Week
August 5–11

NATIONAL DONUT DAY
August 8

STAGE RIGHT SENSATIONS
August 20

Senior Citizens Day
August 21

Toasted Marshmallow Day
August 30

Our second annual Family Picnic was a great success. We were blessed with perfect weather, great food and great company. Entertainment was provided by Joe Lege. Thanks to all who attended and to the many employees and volunteers who helped make it a success. We look forward to doing it again next year.

Clowning Around



Thanks to the Clown Club of America, August 1–7 has been celebrated as International Clown Week since 1970, but the history of clowns goes back, in one form or another, to the beginnings of human civilization. The Egyptian pharaohs were entertained by Pygmy clowns as early as 2500 BC. In ancient China, the emperor's court jester used humor to prevent the emperor from forcing thousands of slaves to paint the Great Wall of China white. Ancient Rome had a fool character called a *stupidus*, and jesters were known to attend funerals. Medieval court jesters were the only people allowed to criticize the king. Even the Hopi tribe of the American Southwest employed mischievous clownlike characters to interrupt the most solemn rituals in an attempt to create sympathetic magic. America's precious Uncle Sam, with his star-spangled top hat and suit, long beard, and big feet, originated as a clown campaigning for presidential hopeful Zachary Taylor in 1848. Despite the clown's aura of good-natured fun, the modern clown has always been tinged with a hint of darkness.

Modern clowns are universally recognized by their painted white faces, red noses, and silly clothes. Most historians credit the invention of the modern clown to the British pantomime star known as Grimaldi at the turn of the 19th century. He created an alter ego named Joey who dressed in red and white and entertained people at night, but throughout the day his life was tragic. He was lonely, his wife had died, his son suffered from alcoholism, and his physical antics left him in pain. From Joey came both the comedic and tragic clowns. The clown figure has always embodied two sides of the same coin—joy and sadness. And sometimes, as is the case of Mr. Punch from the old Italian Punch and Judy shows, clowns may even have a savage side. Perhaps what makes clowns so intriguing is that they are a mirror of our society, showing the good, bad, and ugly in all its drama.

Make Me a Match

The last day in August, Matchmaker Day, honors those who have mastered the art and science of finding love. While matchmaking is considered a long-lost tradition, marriages arranged by matchmakers are still common in India, Pakistan, China, and Japan. About 60% of all marriages in India are arranged, and out of these, less than 4% get divorced. And in these arranged marriages, as times goes on, spouses report feeling more love for their partners. Compare that to the 40% divorce rate in the United States, and you might want to rethink the role of matchmakers. Their job has become more of a science, gathering data on potential couples that includes financial and health histories, shared values, and key personality traits. Modern matchmakers are more likely to sit in front of a computer analyzing data than they are to be found in the village square gathering the latest gossip.

HUMOR CONER

An Amish husband, wife and son travel to the city on vacation. They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator (having no idea what it is). As they watch, an elderly lady walks into the strange silver doors and the doors close. The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out. The father leans over and whispers to the son, "Son, go get your mother!"

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

There was a blonde, a redhead, and a brunette. They were all trapped on an island and the nearest shore was 50 miles away. The redhead swam trying to make it to the other shore she swam 15 miles, drowned, and died. The brunette swam 24 miles, drowned, and died. The blonde swam 25 miles, got tired, and swam back.

RECIPE OF THE MONTH

Banana Pudding White Chocolate Cookies

Ingredients:

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1 1/2 sticks butter, room temperature
- 1/4 cup sugar
- 3/4 cup brown sugar
- 1 (3.4-ounce) package instant banana cream pudding mix
- 2 large eggs
- 1 teaspoon vanilla
- 1 1/4 cups white chocolate chips

Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
 2. Combine flour and baking soda in a medium bowl.
 3. Combine butter and sugars in a large bowl. Stir in pudding. Stir in eggs and vanilla.
 4. Stir the flour mixture into the pudding mixture. Stir in chocolate chips.
 5. Roll dough into 1-inch balls and place on the prepared baking sheet.
 6. Bake 8–9 minutes.
- Makes about 2 dozen*



AUGUST OUTINGS & SPECIAL EVENTS

- 8th...DONUT SOCIAL WITH HEARTLAND HOSPICE
- 11th...BALLROOM DANCE PRESENTATION
- 15th...ICE CREAM SOCIAL WITH VITAS HOSPICE
- 17th...STORYTELLING AND MUSIC BY RICK BRUENING
- 20th...STAGE RIGHT SENSATIONS
- 21st...WESTMORELAND COUNTY FAIR OUTING
- 22nd...CRAFTY CORNER WITH CARING HOSPICE
- 23rd...JEFF RYKER, ENTHUSIOLOGIST
- 24th...SING-A-LONG WITH PATRICK
- 27th...FUNNY MONEY AUCTION
- 29th...RESIDENT COUNCIL MEETING
- 30th...RESIDENT BIRTHDAY PARTY & FUNNY MONEY BINGO
- 31st...PENNSYLVANIA ARTS AND CRAFTS LABOR DAY FESTIVAL OUTING

A Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous “I Have a Dream” speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during

the March on Washington for Jobs and Freedom. King’s speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the “I have a dream” section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, “Tell ’em

LIKE US ON FACEBOOK AT:
<https://www.facebook/transitionshealthcarellcnorthhuntingdon/>

.....
YOUR OMBUDSMAN MAY BE CONTACTED AT THE WESTMORELAND AREA ON AGING 724-830-4444
.....

A COPY OF YOUR RIGHTS AS A RESIDENT OF TRANSITIONS HEALTH CARE MAY BE OBTAINED FROM ANY STAFF MEMBER.



CONGRATULATIONS!
Transitions Resident Council
Recognizes
Deanne Smith, CNA
As an outstanding employee for
August 2018

Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Asst. Director of Nursing
Rachel McGrew, Admissions Director
Sandy Bertani, Business Office Mgr.
Rob Kalas, Social Service Director
Marsha Kirker-Bozich, Life Enrichment Director
Jackie Austin, Dietary Manager
Mark Wargo, Maintenance Director
Kim Bartos, Environmental Services

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

HAPPY BIRTHDAY TO:

- Nellie D...August 2
- Jack O...August 2
- Loretta M...August 2
- Ronald B...August 6
- Gene A...August 9
- Roxey A...August 10
- Gladys S...August 12
- Clara W...August 17
- Catherine B...August 25
- Eleanor D...August 29

Animal Kingdom



Lions, elephants, and orangutans, oh my! August celebrates all these wonderful animals with World Lion Day on August 10, World Elephant Day on August 12, and International Orangutan Day on the 19th. While all of these species are precious and majestic, why should we celebrate such animals? To celebrate animals is to celebrate our human relationship with the entire animal kingdom, of which we are a part. Humans have evolved from hunters and gatherers, to herders, to guardians and conservationists. We humans have made advances that have allowed us to populate the world, but we cannot do this at the expense of animals. Human health and animal health are interconnected. Only together, as a united animal kingdom, will we survive.