

Chit Chat

Volume 57— Issue July2023



May we think of
Freedom, not as the Right to do
as we please,
but, as the Opportunity to do
what is Right!

Peter Marshall

“ America was not built on fear,
America was built on Courage, on Im-
agination, and an Unbeatable
Determination to do the job
at hand .”

Harry S. Truman

“True independence and freedom can
only come from doing what is right.”

Brigham Young

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Birthdays are good for you, statistics show that people who have the most, live the longest!

Happy Birthday (July) Residents



- | | |
|---------------|------|
| 1. Gene G. | 7/5 |
| 2. Betty S. | 7/6 |
| 3. William S. | 7/6 |
| 4. William R. | 7/17 |
| 5. Dorothy T. | 7/17 |
| 6. Justus S. | 7/19 |

Staff Birthdays

- | | | |
|-----------------|----------------|------|
| 1. Raymond E. | Maintenance | 7/1 |
| 2. Mary S. | Dietary | 7/4 |
| 3. Pamela R. | Activities | 7/5 |
| 4. Karen M. | Dietary | 7/5 |
| 5. Ashley P. | Nursing | 7/9 |
| 6. Chris A. | Accounting | 7/15 |
| 7. Catherine K. | Nursing | 7/16 |
| 8. Janice S. | Nursing | 7/17 |
| 9. Dawn C. | Nursing | 7/22 |
| 10. Janel B. | EVS | 7/23 |
| 11. Loren T. | Dietary | 7/25 |
| 12. Edward W. | Administration | 7/25 |
| 14. Krista | Nursing | 7/29 |
| 15. Kaitlyn | Nursing | 7/31 |

Staff Anniversaries

- | | | | |
|-------------------|---------|------|---------|
| 1. James H. | Dietary | 7/11 | 33 yrs. |
| 2. Candice S. | Nursing | 7/10 | 23 yrs. |
| 3. Christopher L. | Dietary | 7/27 | 16 yrs. |
| 4. Sherry V. | Dietary | 7/23 | 15 yrs. |
| 5. Emily T. | Nursing | 7/3 | 9 yrs. |
| 6. Kaitlyn D. | Nursing | 7/12 | 6 yrs. |
| 7. Bethany O. | EVS | 7/26 | 1 yr. |

Board Members

Patricia Scott-Badeker

Wendell G. Baxter

Jacob Bennett

John P. Correrri, Jr.

Shobita DuBois

Carol Lienhard

Cathy Vincenti

Andrew Young

Kimberly Zavrotny

Administrator

Ed Walter

Department Directors

Activities

Jocelyn Silver, ADC

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

Renata Truant

Social Work

Diane Bruso

Volunteers / Public Relations

Janet McDonald



Sonny Says

Hello once again! Summer has arrived with the high temperatures. I am thankful for my room and the building being air conditioned. My room is perfect, that is until someone does a “fat fingered job” on my control and changes it for me. It’s garden time. I love to grow all sorts of fresh and tasty vegetables. My favorite vegetable to grow is corn on the cob. We grew white shoepeg that just melted in your mouth. I would peel the husk and brush the cob really well to get the silk off. Then, slather it in butter, salt and pepper to taste, wrap it up in Saran wrap, put it in the microwave for one and a half minutes. Be sure to let it cool before biting into it. WOW, that is good eating!

The list of vegetables goes on and on. We always grew several types of tomatoes. Big Boy’s and Beef Steaks were always wonderful on Bacon, Lettuce and Tomato sandwiches. Maybe we can talk Activities into having BLT’s for Gourmet Galley this summer with some fresh Maryland corn. Pole beans and other pole plants were also in our garden. Yummmm!!! Until next month.

I hope you have your own great garden memories,

Sonny



Attention All Staff

The next Bivalent Vaccine Clinic will be on July 20th. Times to be announced. Remember you can get your Shingles and Pneumonia vaccines too. Sign up in the Nursing Office.



July is National Corn Month

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

What is the difference between George Washington and a duck?
One has a bill on his face and one has his face on a bill!

New Volunteer Program...Coffee With the Chaplain

We have a new Volunteer and Board Member coming to our home and his name is Andrew S. Young. Andrew comes to us recommended by our Board Member, Patricia Badeker. Mr. Young is a Board Certified Clinical Chaplain and a Grief Recovery Specialist. He has worn many hats during his career but all have been in the field of helping others. He has an impressive educational background with many degrees. Retired now he fills his time with volunteer services in ministry through his church. Now, Citizens, as a friend and a listening ear. He is coming on July 6th between 2:00 & 2:30 and on this day he will be in the Harbor View day room. On July 20th he will be in the Bay Lane day room between 2:00 and 2:30 pm. So come out, introduce your self, make a new friend, have a cup of coffee and take advantage of the service he is providing. Who doesn't need someone to talk to once in a while? We are happy Andrew has chosen Citizens as his next place to volunteer and make friends with our Residents and staff.



Thank you and welcome Andrew Young!

Frogmore Stew Recipe serves 8

- 6 quarts of water
- 3/4 cup of Old Bay Seasoning
- 2 lbs. of large red potatoes (quartered)
- 2 lbs. Kielbasa Sausage cut into 1 1/2 in pieces
- 12 large ears of corn (husked, cleaned and quartered)
- 4 lbs. of large fresh shrimp, unpeeled

With just a few changes the residents enjoyed this for their 4th of July/Birthday party meal!



1. Bring the water and Old Bay seasoning to a boil in a large stockpot over high heat.
2. Add potatoes, cook for 15 minutes. Add sausage; cook for 8 more minutes. Add corn and cook for 5 minutes. Stir in the shrimp, cook until shrimp are pink, about 5 minutes. Drain immediately and serve immediately.
3. To serve, make a trough out of aluminum foil and place it in the middle of your table. Strew the entire pot full out in the middle of your table and tell everyone to help themselves. Serve with cocktail sauce. This makes a great hit to feed a large crowd as well. Hint: make sure you have plenty of soft butter on hand for the corn and potatoes. If you double this recipe use two pots. This is very heavy when you empty the water off of it.

One of our newest residents has shown us his talent by writing an original poem about the Red, White and Blue. Mr Rigler is residing on BL. He is a published author of several books. I hope you all get to meet this very interesting gentleman. Hopefully we can persuade Mr. Rigler to submit another poem again for the Chit Chat in the future.

Red, White & Blue

The Bombs burst red until
there is a white light
The blue lights bursts and
in the night there are explosions
to be seen.

An Original Poem by: William Rigler

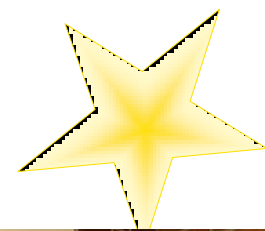
Congratulations to our "Shining Stars" this month. These three employees have hit milestones in their time at Citizens. We are grateful for their dedication and service to our facility.



Pictured below
Leslie S. Dietary
celebrates 5 years at
Citizens



Pictured center
David H. Materials
Manager celebrates 30
years at Citizens



Pictured right
Mary S. Dietary
celebrates 20 years at
Citizens





Instead of the John I call my bathroom Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!

4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y
 I M T Q H H Y M Q R Q U D U E I A
 O Q T A W Q M Z Y E X U C C N T D
 I N D E P E N D E N C E L C J A I
 A S I O U O R H A M U A A T U Q L
 N K S A M E R I C A R P P S O S O
 U R P U F U B E E A Y S T R U B H
 P O A Y D L D W T O E C I N C I P
 K W R W E A A I L P O E A U E O N
 F E K H T F O G I A D E U S D I H
 Y R L I I N T R B E M D T N A T L
 L I E T N P T Z E U R A E T R S C
 U F R E U S L Q R R R U I U A A E
 J V S O D L K V T S L R O K P J B
 W I T O E O M O Y B B F I U P J L
 I A S V Y E M R E D R E M M U S E

- | | | | | |
|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

Movie Line Up for July



July

1st 4:00 pm Love and Sunshine: Ally is fostering a dog, Sunshine as she recovers from a broken engagement. Then Jake returns to claim the dog and sparks start to fly.

2nd 4:00 pm Dr. Zhivago: Russia divided by war and hearts torn by love.

3rd 6:30 pm Yankee Doodle Dandy: starring James Cagney great fun for Independence Day

4th 2:30 pm Documentary: Woodpeckers: The Hole Story

5th 6:30 pm Disney's Encanto: (Animated) A magic family with one family member not magical, discovers the truth and may be the only one who can save the family.

6th 2:30 pm Documentary: Oceans: Watch these divers dive in some of the most dangerous waters. Beneath frozen ice sheets, in the Caribbean's black hole and more.

7th 6:30 pm Clifford: (the big red dog): This movie is not fully animated. When Clifford grows to be a 10 foot pup overnight, it takes an entire community to hide him from an evil scientist that want to make an experiment out of him. Comedy from start to finish.

8th 4:00 pm After the Wedding: Every family has their own secrets. The twists come so steadily in this mystery it will keep everyone on the edge of their seats.

9th 4:00 pm Fishes n Loaves: Heaven Sent, A preacher finds himself in a small community that has literally gone astray. Enjoy as this tiny town gets a big miracle.

10th 6:30 pm Hotel Transylvania: (Animated Fun) Even Monsters need a vacation.

11th 2:30 pm Documentary, Penguin Post Office: In the heart of Antarctica there's a unique British post office staffed by a dedicated team and surrounded by 3,000 penguins.

12th 6:30 pm Marlowe: A gripping crime thriller set in late 1930's.

13th 2:30 pm Documentary, Earth's Sacred Wonders: See these landmarks inspired by faith..

14th 6:30 pm The Last of the Mohicans: An adventure and passionate romance unfold against the paranormal of a frontier wilderness ravaged by war.

15th 4:00 pm Charlie's Angels: (The new one) Working for the mysterious Charles Townsend who's detective agency has expanded internationally.

16th 4:00 pm Frank Capra's Arsenic and Old Lace: starring Cary Grant

17th 6:30 pm A Dog's Journey: A must see for any dog lover.

18th 2:30 pm Documentary: Big Birds Can't Fly, These flightless birds are the Flintstones of the bird world. They are essential the court jesters of the bird world.

19th 6:30 pm Duke: a priceless true story. A 60 yr. old taxi driver steals the Duke of Wellington's portrait. It was the only theft in the gallery's history. Ridiculously Charming!

20th 2:30 pm Documentary Wild Alaska: See the most incredible wildlife in the U.S.

21st 6:30 pm Hidden Figures: These 3 brilliant African American women working at NASA prove to be the brains behind the launch into orbit of astronaut John Glenn.

22nd 4:00 pm Love at First Bark: A love story between an interior designer & dog trainer

23rd 4:00 pm Big Stone Gap: This movie is a love letter to a small town life.

24th 6:30 pm Dear John: It was two weeks that would change their lives forever.

25th 2:30 pm Wild Ocean: An Epic underwater struggle for survival.

26th 6:30 pm Doctor Dolittle: An epic adventure of a man's ability to speak to animals.

27th 2:30 pm Owl Power: Find out what makes owls so special.

28th 6:30 pm Beauty and the Beast: (this is not animated) starring Emma Watson

29th 4:00 pm The Lady in the Van: A mostly true story, about a woman who "temporarily" parks her Van in a friends driveway and stays there for 15 years.

30th 4:00 pm Fast and Furious: Action packed feature with Dwayne Johnson

31st 6:30 pm Paws of Fury (The Legend Of Hank The Hound) Animated



What did the Statue of Liberty stand for? She can't sit down!

Happy Hour With Live Entertainment

Volunteer George asking for a request from Bobby Bassett



Janet M. and two other families came to enjoy the music together with their resident.

Thelma D. was truly into the music.



Mary M. was the comedy relief with Bobby B. She was bantering back and forth with him and just loving the entire time she was listening to his Jazz and Soul music on the Saxophone and Singing.

Chick-fil-A ... Carry In

For National Fried Chicken Day July 6th we will be taking your orders for a Chick-fil-A luncheon. Activity staff will come by asking if you would like to order something from Chick-fil-A. Menus will be available for your consideration. **You must be able to pay for your own meal.** So if you like a fried chicken sandwich please be on the look out for someone coming by your room to get your order. Due to our recent outbreak we will bring your meal to your room after we go and pick it up.



“Let every nation know, whether it wishes us well or ill, we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of Liberty.”

.... President John F. Kennedy



Volunteer News

Be the reason someone smiles, Be the reason someone feels loved and believes in the goodness in people!



Thank you to

Judy DeCarlo, Theresa G., Mamie B., Diane B. and Cassie E. for gift shop donations.

The Return of Junior Volunteers

Welcome New Junior Volunteer Andrew Avery. Andrew will be assisting in the PT/Rehab department. Andrew is a student at Newark Charter School and will be returning this fall to begin his Junior Year. Welcome Andrew! Kendyl George, volunteers several days a week in our gift shop. She is a student at Patterson Mill High School. She will be a senior this coming year. Stop by our gift shop and welcome Kendyl to the team.

Beauty Shop/Salon Services

When requesting services please call Barbara, our beautician at #2162 or Janet McDonald at 410-942-2112. Gift certificates for birthdays or just because can be purchased at the Business Office.

Volunteer Opportunities

Volunteers continue to be needed to assist the activity department staff. 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 volunteer opportunities and services or COVID 19 protocols contact Janet McDonald at 410-939-2112.



Please take a moment to welcome our three newest Volunteers. Andrew Avery (a Junior volunteer not pictured) and Kendyl George. (pictured to the left) and Mike Collins. Mike will be assisting with scheduled activities and one on one visits with our male residents. We are glad they have chosen Citizens as their place to volunteer.



**What would you get if you crossed a “patriot” with a curly-haired dog?
A Yankee Poodle!**

Up Coming Events You Won’t Want to Miss in July

July

2nd—National UFO Day, Strangely enough you may want to look to the heavens and see what you can see.

3rd—6:30 pm Watch James Cagney in Yankee Doodle Dandy.

4th—2:30 Come to the dining room for Trivia, 4th of July parade on TV and drinks with cupcakes.

5th—12:00 pm come to the dining room for Birthday Party/July 4th celebration along with games and prizes.

6th—Celebrate Fried Chicken Day with a Chick-fil-A meal brought right to your rooms for lunch. You must pay for your own meal.

7th—Enjoy the music of Annie B. during Happy Hour and in celebration of National Chocolate Day we will be having Mudslides as our drink.

11th and the 25th—Come and join us for Drum Circle. It’s been 3 years since we had fun with the drums.

14th—National Ice Cream Day will be celebrated by a visit from CCRC Ice Cream Truck. Residents as well as Staff will receive Ice Cream.

18th—Book pick up for Silver Reader

19th—Silver Reader comes at 11:00 am. Please let Activities know if you have any special books or CD’s you may want.

20th—National Junk Food Day will be observed during Gourmet Galley. Come and choose the toppings on your own personal pizza.

21st—Resident Improvement Council Meeting. Come and make yourself heard.

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.

**How come there are no knock knock jokes about America?
Because Freedom rings!**