

“OUR FLAG DOES NOT FLY BECAUSE THE WIND MOVES IT. IT FLIES WITH THE LAST BREATH OF EACH SOLDIER WHO DIED PROTECTING IT.”

~Author unknown~



Golden CONNECTIONS

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Red Lion, PA 17356
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www.gcccenter.com

NEWSLETTER

~ MAY 2021 ~

MEMORIAL DAY
WE WILL NOT FORGET

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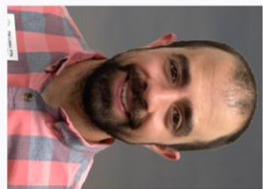
Marietta
COMING SOON



312 Honeysuckle Drive, Ste 5 • Marietta, PA 17547 • Phone & Fax TBA
Appointments available: Monday-Friday 7am-7pm • Saturday by appointment

Patrick Lister, PTA, Clinic Director

- PTA, Central Penn College, 2007
- 14+ years of outpatient experience
- Certified Strength Based Leader, Temple University
- Clinical interests and expertise include orthopedics, post-op, sports injury and runners
- Competitive distance runner including 5Ks to his favorite distance: a marathon!
- Contributing writer to The York Road Runners and Shoe Review Expert for runrepeat.com.
- Outside of the clinic, he enjoys spending time outdoors and family runs with his wife and 3 sons



Mike Beller, MPT, DPT, CSCS

- Doctorate in Physical Therapy, Temple University, 2008
- Masters in Physical Therapy, MCP Hahnemann University, 2001
- Certified Strength and Conditioning Specialist, CSCS, 2010
- 20+ years of physical therapy experience
- Clinical interests and expertise include treating orthopedic conditions, post-operative rehabilitation, athletic injuries, injury prevention education, shoulder conditions, and lower extremity movement pattern dysfunctions
- Outside of the clinic, he enjoys working out, running on the rail trail, traveling with his wife and twin sons, and Penn State football



Drayer treats each patient with evidence-based techniques to provide an exceptional experience.

OUR SERVICES INCLUDE:

- Outpatient Physical Therapy
- Complimentary Screenings
- Injury Prevention
- Manual Therapy
- Orthopedics
- Return to Performance
- Ergonomic Assessment
- Geriatrics
- Hawk Grips® Soft Tissue Mobilization
- McKenzie Method
- Neurological Treatment
- Sports Therapy
- Telehealth
- Total Joint Replacement
- Vestibular
- Wellness
- Work and Industry Services
- Work Conditioning



PART OF THE UPSTREAM REHABILITATION FAMILY OF CLINICAL CARE

Sponsorship Program

Businesses/Organizations in the community have the to opportunity to purchase a Sponsorship from the GCCC and we will aid them in promoting their company within our center and activities. Profit from the sponsorship will go to benefit the centers programs.
(Sponsors listed in the newsletter are paid advertisers. The center does not endorse any one sponsor.)



VOLUNTEERS NEEDED!

The Golden Connections Community Center provides Home Delivered Meals to over 100 homebound seniors that live in our area. This program helps older adults to stay in their homes and remain active participants in our community. The GCCC is always actively looking for volunteers. Due to the pandemic the center is currently delivering meals to homebound seniors one day a week to limit exposure. If you could donate two hours of your time once a week or once a month, you could be a part of this amazing team of volunteers that give of themselves to help those in our community. To become part of our team, please call Ami Barnard, Meal Coordinator at (717) 244-7229 or send an e-mail to mealcoordinator@gcccenter.com

Thank You Red Lion VFW!

The Golden Connections Community Center Staff and Members would like to thank the Red Lion VFW for their generous donation of pretzel sandwiches earlier this month. Sandwiches were given to participants who came to the center for the congregate meal program. The Red Lion VFW is always thinking of our facility and members and coming up with ways to contribute to the GCCC. Again, thank you Red Lion VFW, the GCCC appreciates you and all you do!



Save the Date

Give65 Event • July 13-16, 2021

SHERLOCK HOLMES' PUZZLES OF DEDUCTION

PUZZLE 17

Sherlock Holmes received an urgent telegram from a client. The client felt certain that his life was in danger. Holmes and Watson hurried to his lodgings only to find that they were too late. The man had been murdered minutes before they arrived. "I found him lying there," said the landlady. "before he died, he muttered something about belonging to a secret club and quoted the number 92."

"Damned strange thing to say, Holmes," said Watson.

Holmes nodded in agreement. "Did he say anything else?" Holmes asked the landlady.

"I asked him who had done this terrible thing to him, but he just repeated the number 92!" She answered.

Holmes thanked her for her help and discharged her. He then proceeded to search the dead man's room. He came across a letter addressed to the man that was from the other three members of the secret club. Their names were Mr. Wilson, Mr. Updike, and Mr. Brown. In the top left of the letter was the name of the dead man, Mr. Smith (Code 69). From this, Holmes deduced that he had been murdered by another member of the club, and that the number he had uttered to the landlady was in fact the code number of the murderer.

Holmes was then quickly able to supply the name of the killer. Can you?



Answer to Last month's Crime Mystery:

PUZZLE 16

Holmes was traveling to Manchester, Watson to Edinburgh, and Lestrade to Brighton.

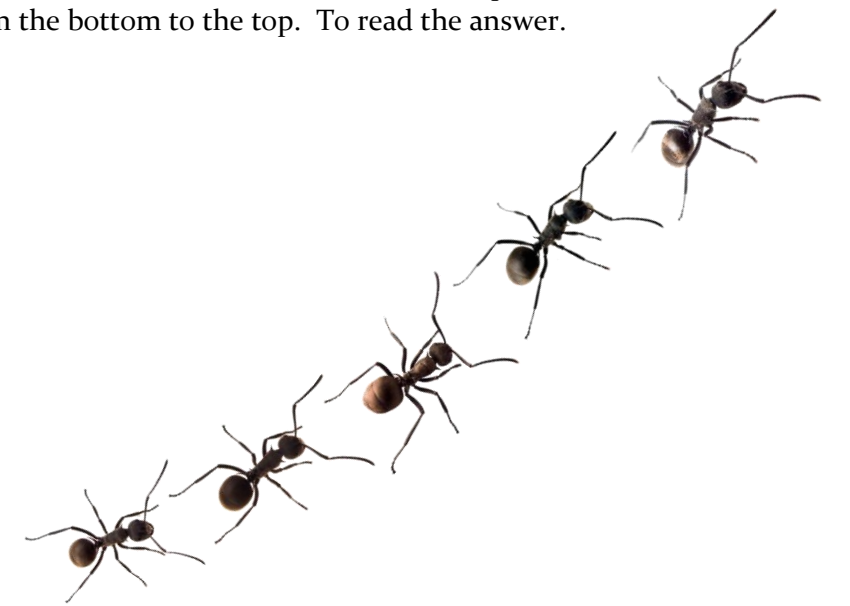
PUZZLE 18

William Ewart Gladstone (the Prime Minister).

Going Buggy

Where is the best place to buy bugs? To answer this riddle, fill in the blank space on each line to name a bug. Then read up the starred column, from the bottom to the top. To read the answer.

BEE ___LE
 CRICK ___T
 TIC ___
 ___OACH
 E ___RWIG
 ___ITE
 W ___SP
 T ___RMITE
 ___OCUST
 FIRE ___LY
 ___NT
 MO ___H
 GN ___T



Answers to last week's puzzles: Name that word #2

- | | | | | | | |
|--------------|-------------|-------------|-------------|------------|------------|------------|
| 1. Astronaut | 2. Banana | 3. Bobsled | 4. Bleeding | 5. Budget | 6. Caramel | 7. Costume |
| 8. Event | 9. Guava | 10. Marines | 11. January | 12. Pirate | 13. Sample | 14. Stable |
| 15. Spray | 16. Vanilla | | | | | |

Did You Know...

- Memorial Day was originally known as “Decoration Day” for the practice of decorating graves with flowers, wreaths, and flags. The original date of “Decoration Day” was May 30, chosen because it was not associated with any particular battle.
- Memorial Day was originally intended to commemorate the Union and Confederate soldiers who had fallen in the American Civil War.
- The Arlington National Cemetery in Arlington, VA, is one of the largest cemeteries in the world, with over 400,000 graves and over 300,000 fallen Veterans.
- Every year, over 40 million Americans travel to Arlington Cemetery to honor those who have fallen while fighting for our country.
- The tradition of red poppies honoring fallen soldiers comes from a Canadian poem written during WWII.
- In 1924, when faced with a shortage of poppies from French manufacturers, the first artificial poppy factory was created in Pittsburgh, Pennsylvania. It employed Veterans who needed work.
- The Vietnam War was responsible for Memorial Day becoming a national holiday.
- Although many towns claim to have been the birthplace of Memorial Day, Waterloo New York is officially recognized as the first to commemorate the day.
- In the year, 2000, Congress passes the National Monument of Remembrance Act, which requires Americans to stop what they’re doing at 3:00 p.m. on Memorial Day to give a minute of silence to remember and honor those who died while serving our country in the military.
- American flags are requested to be flown half-staff until noon on Memorial Day.



- Our tradition to commemorate Memorial Day with a BBQ began with the original tradition of having a picnic lunch on the burial sites of our fallen loved ones.

Jokes

It has been said that 'Laughter Is the Best Medicine.' So, here's to living a longer and healthier life.

A horse walks into a bar.

*The bartender says, “Hey!”
The horse replies, “Sure.”*

I tried to win a suntanning competition.

But all I got was bronze.

How much space will be freed in the EU after Brexit?

Approximately 1 GB

Why don't seagulls fly over the bay?

Because then they'd be bagels.

What do you call malware on a Kindle?

A bookworm.

Did you hear about the painter who was hospitalized?

The doctors say it was due to too many strokes.

Why are crabs so bad at sharing?

Because they're all shellfish.

What did the tie say to the hat?

You go on ahead. I'll hang around.

What do you call a cow with a twitch?

Beef jerky.



APPRISE is the Pennsylvania State Health Insurance Assistance Program. APPRISE volunteers are specially trained to answer your questions about Medicare, Medicaid, Medigap, prescription drugs, preventive care, and to assist you with your paperwork. The counselors have direct access to State and Federal Medicare information and resources.

Currently, all appointments are being conducted over the phone or virtually.

Call the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073.

Soft Re-Open slated for July!

The Golden Connections Community Center is happy to announce that the center is planning a soft re-opening to begin July 6th! What does this mean? Well, the GCCC will open its doors to members on July 6th, 2021 for programs. The center is still expected to follow guidance from local and state aging departments. Therefore, reopening will bring a few changes in how we run our daily operations. One change will be how we run programs. For the foreseeable future anyone who plans to attend the GCCC MUST be preregistered to attend any program. Once the participant has completed all assigned programs, they must exit the building. The state and local Aging departments have stated that the GCCC is only allowed to host **23** people within our building at any given point in time to maintain social distancing guidelines. With all of this in mind, the center is fortunate to be able to offer an easy way for members to sign up for programs once we can allow guests into our building. All of our members are already a part of Copilot, each one of you were signed into our Copilot system when you joined our center. All you need to do is register with our Copilot Community and you can access your Copilot account from home and sign up for programs!

Our first step moving forward to reopening is getting everyone who plans to attend indoor programs, registered with Copilot Community. Below you will find instructions on how to register with the Copilot Community Website:

1. *Go to the internet*
2. *Enter in the following website:*
www.CopilotCommunity.com
3. *Click the Register to sign up button.*
4. *Fill in the form with YOUR information.*
Your ID Card Number is found on your Copilot Card.
5. *Click Create Account once the form is completely filled out.*
6. *Have fun and Welcome to the Copilot Community!*



Hair & Nails with Missy

Don't let the pandemic keep you from getting your hair or nails done! Contact Missy Trimmer for a home visit or to go to her private and clean salon right at her home. To get rates or schedule an appointment in the comfort of your home or hers please contact her at **717-577-7285!**

Please contact the GCCC directly if you have any problems or questions regarding Copilot Community. If computers are not your area of expertise, then feel free to call into the center to preregister. Keep your eyes peeled for a list of available programs to be released in June for preregistration and thank you for your continued patience. We look forward to seeing you all soon.



Center Activities

Outdoor line dancing classes are a hit! The GCCC is happy to welcome members back to participate in outdoor classes. All classes will be hosted in the parking lot and we ask all participants to bring a lawn chair, water, mask/shield, and use the restroom before coming as the building is still not accessible to guests due to restrictions.

Line Dancing Classes will be held on Tuesday's and Thursday's at 9:15 a.m.

These classes do not require preregistration at this time. So, come down and join us for a little outdoor fun as the weather is warming and we can all use a little fresh air after the past year of being cooped up. We look forward to seeing all of you soon.



The Golden Connections Community Center is ready to begin crafting again. The first outdoor craft class will be held **Monday, May 24th at 10:30 a.m.**

preregistration by Monday May 17th is mandatory to participate as we must prepare supplies. Be sure to check out the information in this newsletter regarding registering for the Copilot Community website or call the GCCC to register to attend. This month's project will be **Garden Art Alliums** as pictured here. Can't wait to craft with you all in the near future!



Thoughts with T

Hello Senior Center!

Hello all! It is May and we are now in the spring! Yay! New flowers are popping up all over the place and its Mother's Day this month! Happy Mother's Day to all the mothers reading this!

I have been struggling trying to find something fun and creative and you know what I came up with? (See below. I hope you enjoy it.)

I look outside,
I look all around,
I can see all her love,
Growing abound.

I look inside.
I search real deep.
I realize the seeds she planted,
These babies are for keeps.

Nurtured love and grace,
Kindness and poise.
Moms gives many gifts;
Life and so much more.

For what kind of world,
Would this world be,
Without the love of you,
Without the love of me?

Thanks Mom! Wow, you are the Best!
Your heart is 100% more awesome than the rest!
Your love is abound and your smile is too
My favorite words are 'I am so proud of you!'
My favorite mother, why, it's you!

Happy Mother's Day to all of the Golden Connections Senior Center Mothers! May your day be filled with much love.

Just saying,
T

If any members would like to reach out to T for advice or to suggest any topics of discussion for upcoming articles then please reach out to Kasie Ream, at 717-244-7229 or email at socialservices@gcccenter.com and she will connect you to T for consideration.



Recipe of the Month

Tasty Tomato Tart

Recipe provided by: <https://www.aplaceformom.com/>

This easy weeknight dinner is packed with lycopene and vitamin C to boost vision health. It's similar enough to pizza that even picky eaters will try it – but it's a total showstopper with fresh, colorful ingredients.

Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

Instructions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft – about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
5. Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!



Center Guests

The GCCC is excited to welcome guest speakers back to the facility, and plan to offer a variety of speaking engagements this month.

First, *Drayer Physical Therapy* will be joining the Golden Connections Community Center to offer an outdoor presentation on **Vestibular Therapy, Tuesday, May 11th at 10:30 a.m.** The vestibular system and how Physical Therapy can help treat dizziness will be discussed during this presentation.

Then, **On Wednesday, May 19th at 10:30 a.m.** *Country Meadows* will offer an outdoor presentation on **Navigating the Maze of Senior Living Options** as we all know senior living options can get overwhelming and confusing.

Finally, Jill Kaylor will return from *Visiting Angels* on **Wednesday, May 26th at 10:30 a.m.** hosting the outdoor presentation **"Beat the Heat"** to provide participants with information on how to battle those hot summer days safely and what to do should you find yourself overheating.

The GCCC asks all who plan to attend to preregister so we can plan accordingly. Be sure to check out the information in this newsletter regarding registering for the Copilot Community website or call the GCCC to register to attend.

All outdoor programs are weather permitting. Please visit our Facebook page for any changes to scheduled outdoor events