

Vet Gazette

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A Memorable 100th Birthday!



Thank you to the Philadelphia Phillies celebrating this special birthday for Paul Trumbetas and his family! We were so lucky to have our favorite mascot, The Phillie Phanatic join us! It wouldn't be an event without the Phillies Announcer, Tom McCarthy and a beloved player, Micky Morandini! Thank you to all involved for making this so memorable for everyone!

On May 18th, Paul was invited to throw out the first pitch, seen to the right! WOW, what a birthday!



GOVERNOR

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PA Dept. of Military and Veterans Affairs

Adjutant General

Major General
Mark Schindler

Deputy Adjutant General for Veterans Affairs

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Southeastern Veterans' Center

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Admissions

Jill Alwine

Therapeutic Activities Director

Victoria Negron

Director of Social Services

Johanna Valenti

Director of Dietetic Services

Ninan Mathai

Volunteer Coordinator

Tara Vaszily

Vet Gazette Team

Sarah Klufas

Randi Bliss

Patricia Carfagno

Lorraine Wambolt

Beverly Barefield

Maureen Piraino

Remembering Those No Longer With Us

HORACE ORNER

VINCENT SCHEETZ



WELCOME NEW RESIDENTS



ARMY

Theda Richards
Kelley Daniel



Air Force

Robert Bello
Thomas Herbert

RESIDENT JUNE BIRTHDAYS

ALLEN CHASAR

THOMAS CURRAN

DAVID JOHNSTON

DENNIS KEMPER

WALTER KRAFT

RAMON MIDDLETON

EUGENE MORAN

JOSEPH MURPHY

RODNEY NIXON

PAUL SCHNEIDER

CLETUS STEINER

BARBARA STOUT

WILLIAM TAYLOR

ARTHUR WITHERBEE

KENNETH ZOOK



BOB'S STORY

Parkinson's Disease: My Experience

By Robert Brown, 3CLC

As told to Maureen Piraino, Clerk, 3CLC

[The National Institute on Aging at the National Institutes of Health defines

Parkinson's Disease as a brain disorder that causes unintended or uncontrollable movements such as shaking, stiffness, and difficulty with balance and coordination.

Symptoms usually begin gradually and progress over time.

The most prominent signs and symptoms of Parkinson's Disease occur when nerve cells in an area of the brain that controls movement become impaired or die.]

“And in my words that means I am losing the electricity in my motor, and I can't get it back.

There is no cure for Parkinson's Disease.

At 65 years old, I first noticed that I was having Parkinson's attacks when I was extremely

tired. I noticed my left hand would shake uncontrollably. I am left-handed and this causes

problems with my writing. My writing is now either too small or too large. This went on for

years, but I was still living normally and driving. After a few years it became

apparent that this was not normal. I went to my General Practitioner and he challenged me

to pick up a pile of coins he laid out on the desk. I could not do this without several tries. He

also had me walk down the hallway and saw me favoring the left side of my body. He

then suspected Parkinson's Disease and referred me to a neurologist who confirmed the

diagnosis.

BOB'S STORY– CONTINUED

The neurologist recommended killing the nerves in my back and spine to reduce the tremors. This did not work worth a damn.

At this time, I felt who cares if your head shakes and decided to go on about my life for the next two years.

But Parkinson's Disease is a progressive disease that affects young and old.

Many famous people have Parkinson's like Michael J. Fox whose namesake foundation is doing great work to advance research and raise awareness; however, there is not yet a cure.

Parkinson's Disease is what brought me to the SEVC in 2022. I enjoy being with the people here and I am writing this article because I want the staff and residents to better understand more about my symptoms like difficulty walking, mental acuity and attention span and the fact that these symptoms fluctuate on a regular basis.

Like anyone, I want to be understood and so this opportunity to explain Parkinson's Disease is an opportunity for my friends and staff to know me better.

Changeable symptoms can make it seem like I am fine and then I am not. I want to encourage people to help themselves and live a long and productive life.

If you would like more information on Parkinson's Disease, see me for a brochure from the Parkinson's Association.

If you want to ask me questions, I'm always on 3 CLC. Stop by!



STAFF UPDATES

NEW HIRES

Ashley Bennett – RNI
Jocelyne Charles – CNA
Jill Christman – RN
Kenya Dennis – EOA
Tanekia Heard – LPN
William Hunter Jr – Cook 2
Melanie Newman - LPN
William Rafferty – RN
Claire Shepro – SW1

PROMOTIONS

Desiree Cortes –HR Asst 2 – HR Analyst 2 – 5/11/24
Michelle Heard – FSW1 – TAA – 5/11/24

MILESTONES

Curtis Minnick – Pharmacist – 5 years

RETIREMENTS

Antonio Civil – CNA – over 16 years of service



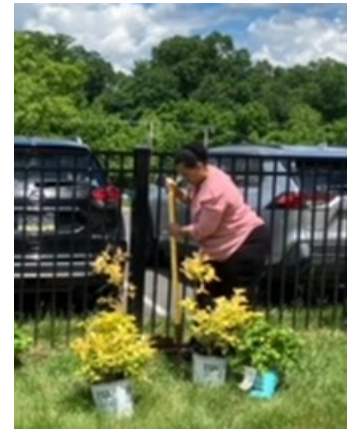
Welcome Claire!

Our new Social Worker for CLC

SEVC Garden Mafia

We are on a tear! We planted beds out back of the Adult Day Care area to grow more food and create a quiet retreat for those that need a break!

Soon, CLC porches will get new furniture! The old teak table sets will come to the courtyard out back to accompany our Adirondack chairs! Stay tuned for more updates.



The Volunteer Office has moved! We are now located in the old clothing room, located across from the Coates Chapel.

Look for the ferns!



Thanks to Linda Neiman for helping me organize & clean!

DATES TO REMEMBER

JUNETEETH DAY:

June 19th commemorates the effective end of slavery in the US, which is now a Federal holiday.

RESIDENT COUNCIL MEETING:

Monday, June 3

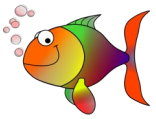
NEXT ADVISORY COUNCIL Mtg:

July 11th @10am

ACTIVITIES



An Annual Fishing Derby Event in Harrisburg was held for veterans at various homes! What a fun time to hang out with friends and catch some trout. Major General Schindler was there along with many members from Fort Indiantown Gap to fish with veterans and enjoy a delicious lunch! Paul Lynn (left) was even on Fox News!



HIGH SCHOOL INTERNS

Jonah and Jackson completed their high school internship with SEVC. They have been volunteering with us since 2023 and have been helping staff and residents in various ways over the last three weeks!

Jackson & Jonah both earned the Presidential Award with over 100 hours each!
Congrats!



Music Therapy Sessions

We now have Music therapy groups run by our amazing Music Therapist, Delia.

Singing songs and playing instruments was so much fun!



A HAPPY MEMORIAL DAY

Tyler Boland, volunteer at SEVC, was recently on ABC World News Tonight and was on again on Memorial Day for his WWII veteran parade out in Wyomissing, PA!

This weekend's parade included our very own, Winfield Woodland (on the end with the blue plaid shirt). It looks like Woody was in a jeep!

Thank you to Social Services for making this happen! Thank you Tyler for caring enough to keep these veteran's stories alive. You can see the parade on Youtube.com under:

WYOMISSING MEMORIAL DAY PARADE - 2024



Thank you to Wayne Fetterman (to the left on right), SEVC Volunteer and member of the VFW of Lansdale, for coordinating Paul Lynn as Grand Marshal of the Lansdale Memorial Day Parade! Thank you to everyone involved that assisted in making this dream come true!



HONORING OUR VETERANS

QUILT OF VALOR

The Quilt of Valor is for Veterans who also served in the police force. We were so blessed to have so many veteran police force members come out to honor Mr. Leroy Hopkins with a Quilt of Valor! For this special ceremony to happen, a veteran must be nominated by someone! So many police members from various barracks came out to honor Mr. Hopkins! Tears of joy streamed down Leroy's face as all listened to his legacy of service!



SEVC wishes all of our Dad's a wonderful day!

JUNE IS NATIONAL PTSD AWARENESS MONTH

Over 12 Million people in the US have PTSD.
Please spread the word that treatment is available!



VETERANS HOME WEEK

We celebrate our residents with the state wide Veterans Home Week in June!!

SEVC Veteran's Home Week! June 10th - 14th 2024



Monday

*1:30 to 3:30pm - Mini Petting Zoo outside of Coates



Tuesday

*12pm to 2pm - Hawaiian Luau with Pig Roast outside of Coates



Wednesday

*7am to 9am - Veteran's Breakfast in Tilghman
*2pm to 4pm - Field Day outside of Coates



Thursday

*10am to 11am - Big BINGO in Tilghman
*2pm to 4pm - Professional Casino Day in Tilghman



Friday

*10:30am - Flag Day Ceremony outside of Coates
*2pm to 4pm - Carnival outside of Coates

Volunteers, sponsors, and family members are welcome to attend and assist with activities. Please let Tara know if you are interested in volunteering for an event during this week! tvaszily@pa.gov.



Interested in honoring a loved one or fallen hero for Flag Day? We are starting a new tradition here at SEVC where, on Flag Day (Friday June 14th), we will place flags outside of Coates Hall with a tag that lists the name of someone who has passed that served our country.

If you are interested in commemorating a flag, please reach out to the Activities Supervisor at either 610-948-2412 or vnegron@pa.gov with what you would like the tag to say, and we will have them on display starting at 10am. These are free flags, no monetary donation necessary!

SATURDAY



Fidelity Investments in the Philadelphia region will be visiting on **Saturday, June 15** for a coffee social outside of Coates Canteen @10am!

UPCOMING EVENTS

WEDNESDAY, JUNE 26th

Join us for the trial rollout of the

SEVC “BISTRO”

We will trial a French Bistro-style cafe serving pastries and coffee for a small fee out front of Coates Hall entrance. Cash or coupons are accepted. Volunteers will serve our guests out front under the umbrellas as if you are in a French café.



Spend your canteen coupons in a different way! Come out to the Bistro on Wednesday morning and sit with friends outside while enjoying the beauty of nature! You will be greeted by a hostess that will walk you to your indoor or outdoor table. You will receive a menu and you can pick items that you would like to purchase.

Volunteers will serve you while you sit and relax listening to café music.

The Bistro menu will be small and it will change weekly!

If this is successful, we will continue on Wednesdays. If it is a huge hit, we will consider adding days and times.

This is open to residents, staff and family. No tipping allowed.

Reservations required!

Reserve your seat with the cashier in the Coates Canteen!



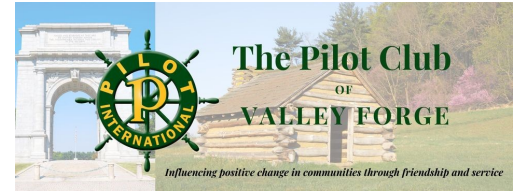
On se voit là-bas!



DONATIONS

RED DAY

Keller Williams of Collegeville dedicated an entire day to beautifying our courtyards and spending time with residents during activities! Over 40 employees spent the day with SEVC!



Thank you Pilot Club of Valley Forge for donating Sweat-pants! We always need them!

If you would like to donate, SEVC Veterans are in need of:

- Men's Sweatpants and Undershirts, Sizes Medium, L and XL only
- Fujifilm Instax Mini film and cameras
- Art canvases— a variety of sizes of 8x10 or larger
- Small table top fans
- I-phone and Samsung phone chargers & charging blocks
- Men's Wallets
- Men's moccasin slippers, sizes 10, 11 and 12
- Reading Phillies & Iron Pigs Baseball Tickets
- Standing rollator walkers (for the residents that love long walks!)
- Gift Cards for residents: Dollar Tree, Walmart, Center City, Rossi's Pizza, Olive Garden, Spring Ford Diner, Chick Fil A, Taco Bell, McDonald's, Rita's
- Cases of Coke, Sprite & Diet Coke cans, snacks in variety pack boxes!
- Tubs of Ice Cream for our summer socials
- Cooking club items: utensils, mixing bowls, measuring cups, and oven mitts!

All items must be new

THANK YOU SPONSORS



Happy Mother's day

We celebrated all of our beautiful women at SEVC with a Mother's Day brunch! This delicious catered event was sponsored by many local groups that donated a lovely meal from Pink Moose in Royersford! What a wonderful day to be with family and friends.



Grace Lutheran Royersford

Phillies Game Day Pretzels!

Thank you to Danielle Lau and Grace Lutheran Church in Royersford for donating soft pretzels for the Phillies game!



Thanks to Rita Leary & Woman's Club of Royersford for donating tons of personal items and snacks!!



Thanks to Rich Pacello and Marine Corps League for donating funds for Canteen coupons and Hershey Bars for Bingo prizes!



Thank you to Bill Dehning for donating funds to sponsor our restaurant outings! His donation is large enough to cover at least 4 visits!



Thank you to Gina Custer and Elks of Pottstown for donating sweat-pants! We are always in need of these items!

THANK YOU SPONSORS!



THANK YOU members of DAR– for participating in their annual Planting Day of Service with Veterans! They were kind enough to purchase flowers and assist residents in planning them in our Coates garden out front!



We also thank Mahanatawny DAR for sponsoring BINGO this past month! Members donated gift cards and helped our staff assist veterans with BINGO! As always, it was a big hit!



We were blessed to have a day of service from members of Christ Church of the Valley to assist with BINGO! We can't wait to see this group of loving souls return to SEVC.



A SALUTE TO VOLUNTEERS

Keeping History Alive

Tyler Boland came into our lives just over two years ago when he was in high school. He wanted to volunteer here and interview WWII veterans. He has had a passion for hearing their stories, since losing his own Pop Pop many years ago. It has been his mission to travel all over the country to meet as many WWII Vets as possible. He likes to befriend these veterans and show gratitude for all they sacrificed. This project isn't even a requirement for school, just something that means so much to him.

He then went off to college and called me recently to come back. He met some folks and enjoyed his visits. He was able to have some sign his combat helmet that he brings to interviews. This past month, Tyler was recognized by ABC World News Tonight with David Muir by airing a segment of Tyler and his amazing work! Thank you for making a difference Tyler. To see more, check out Tyler's Facebook or YouTube page "Keeping History Alive."



AWARD WINNERS

We congratulate our two high school volunteers from Spring-Ford high school, Divya Patel and her brother Ishan! They both have been volunteering with us in various capacities over the last year. The canteens have been open on weekends because of these students working Saturdays or Sundays! They have helped with events, they have sewn pillows for Purple Heart Day, and they have created flyers at home for us! They have assisted with visitation as well. Congrats to these amazing students as they both earned the Presidential Youth Service Award for their outstanding service at SEVC!

VOLUNTEERS

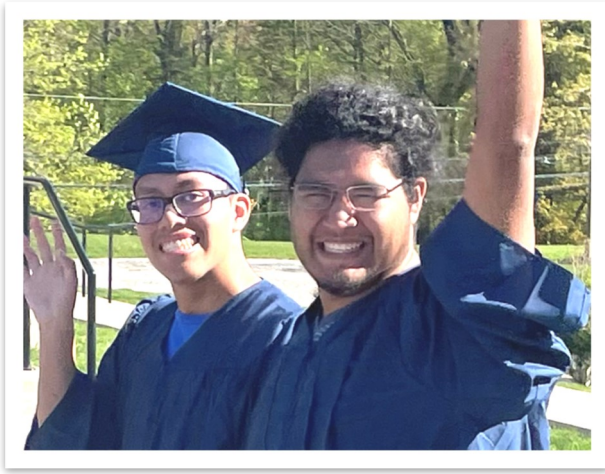


Savannah College
of Art and Design®

FAREWELL TO OUR GRADUATES

We are saying goodbye to our high school senior volunteers as they graduate this June! Many are moving on and beginning new chapters in their lives.

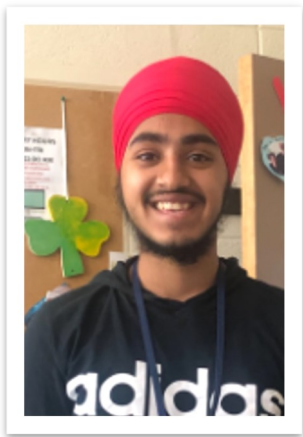
To the left here, we have twins, Jonah and Jackson Godfrey. Jonah (far left) will be attending Elizabethtown College this Fall, while brother Jackson is attending Savannah College of Art & Design!



Harjas Singh (below) our two-time Presidential Award winner and high school volunteer, will be attending Rutgers University this Fall. With all of the volunteering he chose to do for us and other groups, he earned himself a Presidential scholarship that covers his entire tuition!



We will miss our students from Downingtown Stem Academy! The core group that formed the volunteer group at their school is graduating!

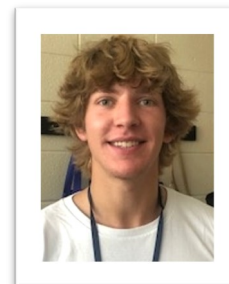
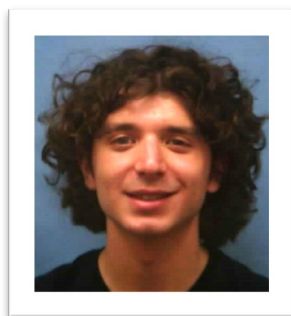


Camilla (upper left) will be attending Virginia Tech along with Clay (at the bottom). Morgan and Dom are both attending University of Colorado at Boulder!

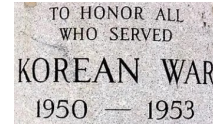
Luke (far right) is attending Penn State and AJ, (not shown), is attending Drexel!

Best of Luck to all of our volunteers!

Nick Sobolewski (right) is graduating and is beginning his college career at Pitt this Fall. He will be majoring in Engineering!



MAJOR MILESTONES



In honor of the 80th anniversary of D-Day, we salute our WWII Veterans for their bravery and sacrifices!

Let's be sure to be good human beings while showing respect and love to each other. Let's do better and make our veterans proud of how we live responsibly!

The Korean War started on June 25, 1950 when North Korea invaded South Korea. We still have veterans here at SEVC that served in that war! Thank you all for your service!

WWI Word Search



- Austria-Hungary
- Central Powers
- Triple Entente
- Trench Warfare
- Mustard Gas
- Nationalism
- Militarism
- Airplanes
- Stalemate
- Blockade
- Archduke
- Soldiers
- Alliance
- Battles
- Belgium
- Germany
- Troops
- Serbia
- France
- Peace

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