



JULY 2009

Summer Bugs... UGH!



Mosquitoes are gearing up for what could be a fierce season; especially for those of us with sweet tasting skin. Huge amounts of rain this spring and early summer will like

send the blood-sucking population soaring. They love standing water for reproducing and there seems to be plenty of it around!



Experts say there are ways to avoid these pests, their advice:

- *Avoid the outdoors at dawn and dusk when the critters are most active.
- *Do not wear heavily scented perfumes and lotions, they attract them.
- *Do not swat at them, it causes them to swarm.
- * Using an outdoor fan, if there is not a natural breeze available, will help since they are not very strong fliers.
- *If you are bitten, use a topical anti-itch cream and **DO NOT SCRATCH!**
- *If necessary, use insect repellent containing DEET.

Remember, it could be worse, it could be winter!



New Furniture Coming Soon

It won't be long now before our new furniture arrives. Beginning very soon, residents can expect to see new beds, nightstands, armoires and over-the-bed tables!



“This is a perfect time for some tidying of residents’ belongings so that we can start refreshed and organized,” states Debbie Gallagher, Admissions Director. Please take this opportunity to replace old clothing and reduce unnecessary clutter.

New furniture, similar to the example shown (right), is just the beginning. Updates are in the planning stages throughout the building. They will include new furnishings, wall coverings and other decorative improvements.



Keep an eye out for updates!

Inside this issue...

Fire Up the Grill

An Art Lover in Our Midst

A Beautiful Smile in Admissions



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Employee Spotlight Her Smile Says It All



For eight years, Estella Merewitz has brightened the lobby area of Collingswood with her amazing smile and cheery aura. As a member of the admissions team, Estella helps residents and families transition to

their new home in our home.

“I enjoy working with families and residents who come to us from the community,” she says.

Estella has many hobbies. Among her favorites are reading, watching movies and vacation cruising with her husband James.



An avid *Harry Potter* fan, Estella looks forward to the next in the series of movies to appear in theaters this month.

“I have read all of the books and seen all of the movies at least once,” she says.

Always with a smile, Estella is a great source of information for residents, families and fellow staff.

“Estella is not only a great teammate, she’s a great friend to all of us,” says Admissions Director Debbie Gallagher.



Resident Spotlight... A Cultured Woman

When entering Mrs. Nancy Frederick’s room, it is easy to see her love of the arts and culture. The delicate and intricate doll house is clearly a collection that took years to amass. The display exhibits her love of fine craftsmanship and precious memories.



“It took a long time to collect all of those things, and it has been great fun doing it!” she says.

Mrs. Frederick has a background in advertising and art design. Much of her career was spent creating sales promotion materials for the restaurant and food industry. She also has an impressive collection of art books. Combining her talents, she and a friend published a children’s cookbook titled, “Kindercooking”.



She is such a delightful and insightful woman and we are very fortunate to have her grace our home with her artistic flair.



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Message from the Acting Administrator...



I'd like to take this opportunity to share my gratitude for the opportunity to work with such an amazing team of dedicated professionals. Across all departments here at Collingswood, every member of the staff gives their very best to our residents. I am

proud to be a part of such a tender, caring community. Enjoy the rest of your summer. Sincerely,

Kathy Catucci

?TRIVIA?

How many different species of mosquitoes are there? *The answer is coming up in the next edition!*



Last Month's answer to: "Why is June considered the traditional month for weddings? Ancient Romans placed special importance on June weddings because it is when they paid homage to Juno, the goddess of marriage. Getting married in June was deemed lucky. For a practical matter, if a couple married in June, and if the wife conceived quickly, she would give birth and be well enough to work at harvest time.

A Sizzling Recipe

Tasty Grilled Shrimp



- 20 peeled and deveined med./lg. shrimp
- 1 cup crumbled feta cheese
- 3 large jalapeno peppers, seeded & sliced
- 10 thick slices bacon cut in half
- 20 toothpicks soaked in water

Preheat an outdoor grill for medium-low heat, and lightly oil the grate. Use a sharp paring knife to cut down the backs of the shrimp nearly all the way through, so you can spread apart the two halves. Open up the shrimp and lay them out onto your work surface. Spoon some crumbled feta cheese onto each shrimp, then top with slivers of jalapeno pepper. Close up the shrimp and wrap each with a strip of bacon; secure with a toothpick. Grill until bacon becomes crisp.

Collingswood Cooks Out

Join us for grilled favorites at lunchtime:

- 1 East – 1st Wednesday of the month
- 2 West – 2nd Thursday of the month

- 1 West – 3rd Wednesday of the month
- Montgomery Inn – 4th Wed. of the month.



All are welcome. Please purchase a ticket at the front desk in advance.



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Editor's Note

Summer is a great time for movies. The film industry clearly knows this by releasing blockbuster hits each year. My daughters and I, along with millions of other people, are eagerly awaiting the sixth *Harry Potter* film to come to the big screen.

Two of the best parts of summer movie watching are that it is cool in most theatres and there are no mosquitoes! It is also nice to settle down on the sofa with family and friends and watch them on video or cable. The expression, "everyone's a critic", takes on a whole new meaning! It is fun to laugh, cry and discuss the latest flicks. I am always up for recommendations, please let me know your favorites. Happy watching!

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Collingswood

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Beating the Summer Heat

***Find a Good Book!**

If weather permits, find a shady spot outdoors and pick up one of those "never read, but wished you had" kind of books.

***Visit a Museum**

There are so many free or low cost museums in Washington, DC. – and they are air conditioned! Take a ride to the national mall and pick a different one to explore every time.

***Be in Touch**

If road-trips aren't possible, use a few local postcards to correspond with far away friends and family. Too often, folks save letter and card writing for the busy winter holidays. Do it on a summer's day and avoid the rush.