

THE UNIVERSAL TIMES
"IN HONOR OF JERRY'S LEGACY"



A decorative border of orange pumpkins with carved faces surrounds the page. The pumpkins are arranged in a grid-like pattern, with some overlapping at the corners.

TABLE OF CONTENTS

1. TITLE PAGE

2. Table OF CONTENTS

3. Humble Highlights

4. ASK Autumn + Amber!

5. Sports Central/Community Lookahead

6. Recipe of the Month

7. Kayla's Corner

8. Nurses Station

9. Residential Round Up

10. Continued

11. Universal Funnies

12. Poet-Tree

13. Matt's Mementos

14. Continued

Recognition SPECIAL THANK YOU to everyone who helped and all the great ideas for the Summerween Edition Newsletter!

HUMBLE HIGHLIGHTS



Elvis- (P.T) Was born on September 27th (Libra) and is from the Philippines. Elvis's interest includes Walking outside and being with Friends and Family. His favorite subject in school was Science. Elvis enjoys any feel-good music from artists like Coldplay and One Republic. Most Days he enjoys a good movie, but lately it's just been movie trailers and changing diapers! Elvis Loves Rice! It's his favorite type of food. A hobby he really enjoys is swimming, which he learned how through watching YouTube Videos! A quote that he lives by is "We fall in life to pick something up and become a better person". Elvis describes his Perfect day as Sunny but cool....and Pollen Free!

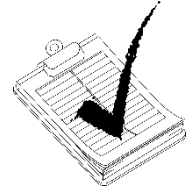


Brenda- Was born on November 10th (Scorpio) and is from South Philadelphia, PA. Brenda's interests include ART, Nature and Photography. Her favorite subject in school was Science. Brenda says her all-time favorite food is Lobster with lots of garlic and butter sauce. A quote that she lives by is one that her father always said, "Yesterday is history, Tomorrow is but a mystery, Today is a gift that is why we call it the Present." Her top hobby will always be Art especially painting and clay sculpting. Brenda loves all music like the Bee Gees but her go to is Christian Rock especially Zach Williams. Brenda describes her perfect day as waking up to the sound of the birds, spending the entire day with friends and family then falling asleep to water and cricket sounds.

ASK AUTUMN & AMBER

IDEAS FROM TWO DIFFERENT PERSPECTIVES!

THE GOOD/EVILS OF SOCIAL MEDIA!



AUTUMN- SOME OF THE GOOD THINGS I FIND ABOUT SOCIAL MEDIA ARE CONNECTING OR RECONNECTING WITH OLD FRIENDS AND STAYING IN TOUCH WITH FAMILY. ALSO, INFORMATION AND LEARNING. IT PROVIDES QUICK ACCESS TO NEWS, INFORMATION, AND EDUCATIONAL CONTENT AND OFFERS OPPORTUNITIES FOR LEARNING NEW SKILLS. SOCIAL MEDIA CAN BE USED AS A TOOL FOR GOOD SUCH AS PICTURE SHARING, DATING, PROMOTING BUSINESS, NETWORKING AND SELF-EXPRESSION. REMEMBER TO USE SOCIAL MEDIA FOR GOOD!

AMBER- THE EVIL SIDE OF SOCIAL MEDIA CAN LEAD TO SOME TERRIBLE THINGS SUCH AS ANXIETY, DEPRESSION, FEELINGS OF INADEQUACY, AND LONELINESS. SOCIAL MEDIA CAN BE ADDICTIVE DUE TO CONSTANT NOTIFICATIONS AND DOOM SCROLLING. MISINFORMATION LIKE FALSE NEWS AND RUMORS CAN SPREAD RAPIDLY AND WIDELY, MAKING IT DIFFICULT TO DISTINGUISH BETWEEN WHAT IS TRUE AND WHAT IS NOT. THE ONLINE ENVIRONMENT CAN BE A PLATFORM FOR CYBERBULLYING, HARASSMENT, AND EXPOSURE TO INAPPROPRIATE OR HATEFUL CONTENT. REMEMBER NEVER USE SOCIAL MEDIA FOR EVIL!

Side note: we are not experts just speaking from experience!

A decorative border of orange pumpkins with carved faces surrounds the page. The pumpkins are arranged in a grid-like pattern, with some overlapping.

Sports Central

MLB

Los Angeles Dodgers vs. Toronto Blue Jays playing in the World Series.

MLS

Philadelphia Union soccer team won the Supporter Shield securing the 1 seed in the Eastern Conference as we start the Cup Playoffs. San Diego FC secured the 1 seed in the Western Conference.

NFL

Philadelphia Eagles and Green Bay Packers are the top teams in the NFC. Indianapolis Colts and New England Patriots are the top teams in the AFC at the halfway point.

Community Look Ahead

- **Grim's Orchard & Family Farms**

Mon. Nov. 3rd- Sun. Nov. 16th
Breinigsville, PA

- **Christkindlmarkt**

Recurring every weekend
Fri. Nov. 14th - Sun. Nov. 30th
Thurs. Dec. 4th – Sun. Dec. 21
SteelStacks, Bethlehem, PA

- **Illumination Night**

Recurring every weekend
Sat. Nov. 14th – Sun. Nov. 23
Recurring every week
Wed. Nov. 26th – Sat. Jan. 3rd
Coca-Cola Park
Allentown, PA

Recipe of the Month: Pumpkin Chocolate Chip Cookies

Ingredients:



- 1 Cup canned pumpkin
- 1 cup white sugar
- ½ cup vegetable oil
- 1 large egg
- 1 teaspoon baking soda
- 1 teaspoon milk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 2 cups semisweet chocolate chips
- ½ cup chopped walnuts (Optional)
- 1 tablespoon vanilla extract

Instructions:

1. Preheat oven to 350 degrees and grease a baking sheet
 2. Combine Pumpkin, Sugar, Oil, and Egg in a large bowl. Dissolve baking soda into milk in a small bowl and stir in
 3. Stir together flour, baking powder, cinnamon, and salt in a separate bowl. Add flour mixture to pumpkin mixture and mix well. Add chocolate chips, walnuts, and vanilla; stir just to combine
 4. Drop by spoonful on the prepared cookie sheet and bake in the preheated oven until lightly brown and firm, approximately 10 minutes.
 5. Let cool on the baking sheet for 2 minutes before transferring to a wire rack to cool completely.
- For extra flavor, add a pinch of ground nutmeg or cloves with the cinnamon
 - Drop dough by heaping tablespoons for bakery-style cookies; increase bake time to 12 to 14 minutes.
 - I think these cookies taste best when they are cold from the refrigerator.

A decorative border of orange pumpkins with carved faces surrounds the text. The pumpkins are arranged in a grid-like pattern, with some overlapping at the corners.

KAYLA'S CORNER

Skin and Hair health come from beneath the skin first. Here are some ways to keep skin healthy with food.

- 1. Omega Fatty acids- helps the skin retain skin moisture and repair the barrier. Almonds, walnuts, chia seeds, salmon, and tuna are great sources of omega-3 oils.**
- 2. Vitamin E helps to keep your skin hydrated as well. Vitamin E is found in nuts as well.**
- 3. Antioxidants- cinnamon helps stimulate circulation and reduces bacteria colonization.**
- 4. Vitamin D- milk helps skin, bone, and hair strength.**
- 5. Vitamin A (Beta-carotene): Your body converts beta-carotene into vitamin A, which is crucial for cell regeneration and fighting inflammation. Sweet potatoes, carrots, and leafy greens like spinach.**

Some helpful tips for Skin and Hair health:

- 1. Continue to wear sunscreen while outdoors to protect from sun damage.**
- 2. Hydration is Key! We often don't drink as much in the cold weather. Keep track of daily fluid intake to keep up with hydration.**
- 3. Avoid HOT showers. This dried out our skin more.**
- 4. Don't over exfoliate. Use a gentler cleanser.**
- 5. Use a heavier cream to moisturize to lock in the moisture and protect for longer in the cold weather.**

The Nurse Network

FALL ALLERGIES, THE COMMON COLD, OR COVID? KNOW THE DIFFERENCE THIS SEASON 🍁

<h3><u>SEASONAL ALLERGIES</u> 🤧</h3> <p>Also known as hay fever or allergic rhinitis, occurs when your immune system overreacts to outdoor allergens like trees, grass, pollen, and mold. This affects millions of people and can develop at any age.</p>	<p>ITCHY NOSE, THROAT, OR EYES RED AND WATERY EYES STUFFY OR RUNNY NOSE SNEEZING POSTNASAL DRIP FATIGUE AND BRAIN FOG</p>
<h3><u>COMMON COLD</u> 🤧</h3> <p>A viral infection of the upper respiratory tract that causes inflammation and irritation. Spreads through contact with respiratory droplets from infected person. Colds can typically last 7-10 days.</p>	<p>STUFFY OR RUNNY NOSE HEADACHES SORE THROAT SNEEZING COUGH</p>
<h3><u>COVID - 19</u> 🦠</h3> <p>Most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. This virus is highly contagious and spreads easily to other people.</p>	<p>LOSS OF TASTE OR SMELL SHORTNESS OF BREATH FEVER OR CHILLS BODY ACHES FATIGUE CONGESTION OR RUNNY NOSE</p>

KNOW YOUR SYMPTOMS: As the weather cools and leaves begin to fall, many people start to experience sniffles, sneezing, or a lingering cough. But during this time of the year, it can be tricky to tell what you're dealing with.

TIPS TO STAY HEALTHY THIS FALL:

- Wash your hands often and avoid touching your face.
- Stay hydrated and eat a balanced diet to support your immune system.
- Reduce exposure by keeping windows and doors closed to minimize pollen and mold.
- Cover coughs and sneezes.
- Clean and disinfect surfaces and high trafficked areas.

Residential Round Up

**Follow the Scavenger Hunt on the
Next page for some Fall Fun!**





AUTUMN SENSES

scavenger hunt

SIGHT

- SPIDER WEB
- SCARECROW
- PUMPKIN
- RED LEAF
- FLOCK OF BIRDS
- SQUIRREL
- TRACTOR
- ORANGE LEAF
- FLUFFY CLOUDS

TOUCH/FEEL

- MOSS
- ACORN
- DRY LEAF
- PINECONE
- Tree Bark
- something smooth
- something soft
- something hard
- something sharp

HEAR

- CRUNCHING LEAVES
- Bird singing
- WIND RUSTLING
- SQUIRREL CHATTER
- GEESE
- WATER FLOWING
- WINDCHIME
- CREAKING DOOR
- DOG BARKING

TASTE

- APPLE
- PUMPKIN SEEDS
- CINNAMON
- NUTS
- ROASTED MARSHMALLOW
- CANDY CORN
- APPLE CIDER

SMELL

- CINNAMON
- FRESH HAY
- SMOKE
- FALL FLOWERS
- PUMPKIN SPICE
- PINE NEEDLES
- FRESH RAKED LEAVES



A decorative border of orange pumpkins with carved faces surrounds the page.

Universal Funnies

1. Why did the Scarecrow win an award?
2. What did the corn say when the pretty girl and called it cute?
3. Why can't vampires be invited to summer barbecues?
4. What do you call a pumpkin that works at the beach?
5. Why did the mummy get a summer job?
6. What do ghosts like in their coffee?

1. He was outstanding in his field
2. AW-Shucks
3. They're afraid of the Stakes
4. A life Gourd
5. He needed to unwind
6. Scream and Sugar

POET-TREE



Summerween

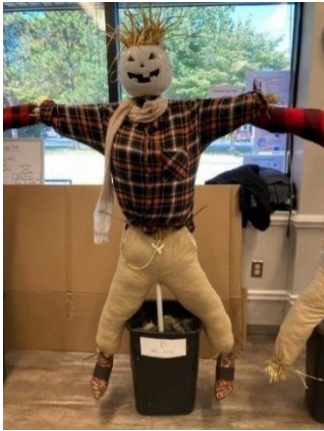
When summer suns begin to fade,
And autumn creeps with hints of shade,
The beach still glows with ghostly light,
As shadows dance from day to night.

Pumpkins grin on picnic mats,
Ghosts wear shades and floppy hats,
Skeletons lounge by the pool,
Pretending not to look too ghoulishy-cool.

Zombies grill at the barbecue,
Serving “boo-burgers” for me and you,
Witches surf with wands in hand,
Casting spells across the sand.

Fireworks crack with phantom cheer,
Candy corn meets snow cones here,
It’s tricks and treats beneath the sun—
Summerween has just begun!

Matt's Mementos



Our artistic clients created three scarecrows for our Harvest Festival. BBL Drizzy was voted as the winner!



Clients and staff threw surprise birthday parties for Joanne, Executive Director, and Mike, Instructor, and celebrated them with cupcakes and paintings with the clients' names.



Employee Of the Month!



Cristani

Took the Sportsman Association to a Philadelphia Phillies game and the Phillies won!

Winner Of the Halloween Door Contest!



Winners for Best Couple Costume Harley Quinn and The Joker! (NO) (KB)

Winner Of the Pumpkin Contest!



Winner of our Scariest Costume Carrie! (JW)



Winner of our Best Overall Costume the Ice Cream Man! (OA)

