

AMERICAN'S WILL CELEBRATE ANYTHING!

SEPTEMBER 2022
Holidays & Observance

Monday, September 5th
Labor Day

Friday, September 9th
Teddy Bear Day

Sunday, September 11th
Grandparents Day

Tuesday, September 13th
Celiac Disease Awareness Day

Saturday, September 17th
Gymnastics Day

Wednesday, September 21st
International Day of Peace

Thursday, September 22nd
Elephant Appreciation Day

Saturday, September 24th
Bunny Day

Sunday, September 25th
Comic Book Day

Thursday, September 29th
Coffee Day

7 RULES OF LIFE

1. SMILE
IT ALWAYS WORKS OUT IN THE END!
2. BE KIND
YOU HAVE THE POWER TO MAKE PEOPLE FEEL GOOD!
3. DON'T GIVE UP
IF IT DOESN'T WORK THE FIRST TIME, FIND ANOTHER WAY!
4. DON'T COMPARE
EVERYONE'S ON A DIFFERENT JOURNEY!
5. AVOID NEGATIVITY
AVOID NEGATIVE THOUGHTS, SITUATIONS & PEOPLE!
6. MAKE PEACE WITH YOUR PAST
FOCUS ON BEING PRESENT & CREATING A BETTER FUTURE!
7. TAKE CARE OF YOUR BODY & MIND
ONE STRUGGLES TO SURVIVE WITHOUT THE OTHER!



Challenge for the Day:
Dedicate one hour each day for "me" time.

Challenge for the Day
Smile in the mirror today.
(Smiling has many health benefits,
including improving mood and reducing stress!)

Challenge for the Day:
Take time to enjoy the sunrise or sunset.

Answers to Word Search Puzzle

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

August / September 2022
HARRISON HAPPENINGS

Harrison House of Chester County 300 Strode Avenue, East Fallowfield PA 19320 (610)384-6310



Congratulations, Bob Mac Henry!

FROM THE OFFICE OF THE
EXECUTIVE DIRECTOR



Harrison Senior Living is excited to be celebrating 50 years in business! Keep a look out for some great events over the next few months.

We have had a fun summer here at Harrison House and there continues to be a lot of fun to be had! September brings National Assisted Living Week, beginning on Sunday September 11. The theme this year is "Joyful Moments."

This month we are also celebrating our Director of Resident Services for Personal Care, Stacy Yosko who has been employed at Harrison House of Chester County for 30 years! Congratulate her when you see her.



We recently had the privilege of watching our resident, Mr. Robert Mac Henry, receive an award for 62+ years of membership and service to the Masons at Brandywine Goddard Lodge No. 383. Bob shared with us that he is a third-generation member and that he is extremely proud of all the charitable work he has been a part of over the years! Way to go Bob!



Health Fair with a Flair!!
 Harrison House of Chester County Sponsored a Health Fair August 3, 2022. Local vendors were invited to offer healthy living ideas, health care screenings, fun prizes, and good things to eat!



AND THEN THIS GUY POPPED “IN THE BUILDING TO ENTERTAIN US!!”



BALL
 BEDDING
 BONE
 BOWLS
 KENNEL
 ROOF
 SHELTER
 TOYS
 WATER



IN THE DOGHOUSE WORD SEARCH

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



Jeanne’s Morning Glory Muffins!

Ingredients:

- 1 and 1/2 cups whole wheat flour
 - 1/2 cup all-purpose flour
 - 3/4 cup brown sugar, packed
 - 1 tablespoon baking powder
 - 2 teaspoons baking soda
 - 2 teaspoons ground cinnamon
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon salt
- 3/4 cup unsweetened applesauce
 - 1/2 cup coconut oil, melted
 - 1 apple, shredded
 - 1 tablespoon vanilla extract
 - 2 cups grated carrot (about 3 medium)
 - 1/2 cup raisins
 - 1/2 cup flaked coconut
 - 1/2 cup walnuts, chopped

Directions:

- Line a muffin tin with paper liners and set aside. Preheat oven to 400 degrees (F).
- In large bowl add the flours, sugar, baking powder, baking soda, cinnamon, ginger, and salt; whisk well to combine. Add in the applesauce, oil, apple and vanilla; whisk just until combined. Fold in the carrot, raisins, coconut and walnuts; stir until ingredients are combined. Divide batter evenly among prepared muffin cups.
- Bake at 400 degrees for 10 minutes, then reduce the heat to 350 degrees and bake for an additional 10 minutes, or until a toothpick inserted in the center comes out clean (or with just a few crumbs attached). Cool muffins in the pan for 5 minutes before transferring them to a wire rack. Serve warm, at room temperature, or chilled.