



American dancer, choreographer, actor, singer, film director, and producer Eugene Curran Kelly, better known as Gene Kelly, was born August 23, 1912, East Liberty, Pittsburgh, PA

Notable Quotable

Not all of us can do great things. But we can do small things with great love.

~ Mother Theresa

August Horoscopes and Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos also use their humor and loyalty to bring people together. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Joseph Curley	1-Aug
Estelle Mancini	5-Aug
Domingo Taylor	11-Aug
Clara Rodriguez	11-Aug
Joan Lustig	11-Aug
John O'Brien	12-Aug
Teresa Casey	17-Aug
Elizabeth Maugeri	18-Aug
Ramon Cabral	22-Aug
Lilian Manning	23-Aug

An Indian Thanksgiving *continued from pg. 1*

One of the most significant preparations is the *Pookalam*, a beautiful carpet made out of multicolored flowers, a sort of Mahabali welcome mat. Each day flowers are added to the Pookalam, and it grows and grows. On the fourth day, known as *Visakam*, families begin their preparation of the grand feast that is held on the last day. For the next five days, locals engage in various merriments. Snake boat races are held on the river Pampa. Men play various

traditional games known as *Onakalikal*. Competitors vie for archery and wrestling titles, while others play a game similar to dodgeball, except that players use their feet to move the ball. On the tenth and final day, King Mahabali arrives for the feast of *Onasadya*, which requires the preparation of a nine-course meal including 13 essential dishes. This is the culmination of a 10-day cultural tour-de-force, the ultimate expression of Kerala's blessed history.

July Activity Recap

On the fourth, we celebrated our nation's birthday with Mitchell and Justin providing musical entertainment in the Great Room. On four different occasions during the month Professor Munaretto and her students from Rome came, singing, performing, and visiting residents. On the 8th, familiar faces Theresa and Friends came and performed their blend of classic piano and song. Friday the 13th was a lucky day, as residents relaxed with Tropical drinks, Bahama Mamas to be exact, prepared by our own mixologist, Andrew Ferreyra. Justin and Mitchell paired up again on the 15th for a resident singalong, and July birthday residents partied with Frank Liggio in the Main Dining Room on the 19th. On the 24th, we had a Chef Center Stage presentation of spicy Chicken Schwarma, an Israeli staple, which residents really loved. There were several Ice Cream Socials and barbecues, and standard favorites like 5 Minute Mysteries and Law and Order cases, as well as our ever popular Travelogue. At the end of the month, popular entertainment duo Senior Moments presented their mix of classics, show tunes, and dancing. August promises more great activities, and as always, we encourage your participation!

MHNR Newsletter

August 2018



**4499 Manhattan College Parkway
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Celebrating August

Happiness Happens Month

Read a Romance Novel Month

Watermelon Day
August 3

Farmers' Market Week
August 5–11

Garage Sale Day
August 11

Mail Order Catalog Day
August 18

Senior Citizens Day
August 21

Toasted Marshmallow Day
August 30

An Indian Thanksgiving

Around the world, August heralds the start of annual harvest festivals, when farmers begin to reap the delicious rewards of the summer growing season. Perhaps there is no place that celebrates the harvest with more joy and enthusiasm than the state of Kerala on India's Malabar Coast. For 10 days each August, Kerala celebrates *Onam* and gives thanks for the return of the god king Mahabali.

reverence to the gods, they granted him one wish, that once a year he could return to his kingdom of Kerala. This is why, during Onam, the people of Kerala prepare for Mahabali's return and enjoy the prosperity of the harvest.

The first day of Onam, known as *Atham*, involves visiting temples and preparing for the arrival of Mahabali.

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Upstate New York's famous fall foliage and mountains, as captured by the lens of lifelong New Yorker and subject of this month's Resident Spotlight, Ellen Clark. This picture was featured in our Spring Art Show.

Chaplain's Corner

Greetings and Peace,

Summertime's heat and thunderstorms are upon us, and the weather is often oppressive. The temperature and humidity weigh us down, and a lethargic feeling saps our energy. Relaxing in an air-conditioned room often helps. In a similar way, a constant barrage of "bad news", "bad experiences", or "bad memories" can sap our spirit and our faith. Taking time out to "tune up" our faith and our spirituality can refresh.

Here at Methodist Home, our Chaplaincy service has Fr Luke, Rabba Livya, and me, Chaplain Janet, available to help revive your spirits. We are here to walk your journey with you. Chaplains provide spiritual and emotional support. We assist with religious and sacramental needs. We help with the search for meaning. We can provide prayers and blessings. We facilitate theological reflection through Bible Study and Christian Chapel services, Sunday Catholic Mass, and Shabbas services. Find spiritual renewal through Rosary group with Janet Kraus; while she is on vacation, I'm facilitating this group. Times for all services are on your activity calendar.

This month, Bible study is focusing on men and women of the Bible who are role models in helping to refresh our faith. Please contact x225 to participate in any of these activities or to schedule a Chaplain's visit.

Blessings,

Chaplain Janet



Residents enjoy elegant Bahama Mama cocktails. L-R Edith Alexander, Ellen Clark, Rose Cotter, Arlene Sheer, Judith Bernard, Elaine Jaroszewicz, and Marie Robinson. Just out of the picture on the right: Muriel Powell. We can, however, see that she's smiling!

Resident Spotlight: Ellen Clark

For this month's installment of Resident Spotlight, we're going to get to know Ellen Clark, whose quiet and dignified nature hides an interesting and very accomplished life. Born in New York City to lifelong Manhattanites of Irish descent, Ms. Clark's mother did clerical work as a civil servant for the City of New York, and was also an artist, fashion designer, and one of the first women to graduate from prestigious Cooper Union. Her father was a private detective who Ms. Clark remembers as kind and good, recalling an incident when she brought home a stray dog, which was strictly forbidden. Her father fell in love with him immediately, and the dog was named Ludley and became the family pet. The young Ellen had a love of reading, and enjoyed mysteries like the Hardy boys and Nancy Drew. She got out to the country as often as she could, which she vastly preferred to the city, and for several years worked as a waterfront director at summer camps upstate.

After graduating High School, she decided to pursue a path in Psychology. While in college, she worked with at-risk youth, teaching them arts and crafts as a therapeutic activity. Seeing the positive changes her attention brought about in the children, she was moved to focus her studies on the needs of children, especially the underprivileged. Later, she fell in love with folk music and its themes of social justice and political change, and even attended Woodstock. Accompanying her was her husband, Dr. Edward Clark, who she met while she was a PHD student in psychology and he was her teacher, specializing in urban issues and cultural deprivation. They were married in 1963 and were married for 31 years. During that time, the couple adopted an infant boy, and another five years later. They are now in their thirties and live in New York, one working for a printing company and the other an interior decorator.

After receiving her PHD, Ms. Clark was very active in her field. She had a private practice, and also led a family service agency and a foster care and adoption agency. She is also a Licensed Clinical Social Worker, and established therapeutic nurseries for children ages 3-5 who were on the autism spectrum, her focus never straying from helping young children and their families. She has travelled to China for her work, and attended many World Fellowship retreats in Upstate to brainstorm with like-minded people world on issues of world peace and social justice.

Around 2000, while working as a director at a camp for troubled youth, she met Karen Kane, who was also working there as the head of one of the departments. They hit it off immediately, and became close friends. Later, the relationship blossomed and the two became partners, sharing a life in an apartment on 21st and 1st streets for many years until coming to Methodist. Karen can be seen with Ms. Clark at many Methodist activities and events.

She loves movies, (the sympathetic portrayal of mentally ill patients in *One Flew over The Cuckoo's Nest* is a favorite), especially mysteries and dramas, and still loves reading. A practicing Catholic, spirituality is very important to Ms. Clark, and she attends all of our religious services. She laughs a little when she tells me that, as an energetic and fidgety child, she "detested" church. Years ago, she learned meditation, which she practices regularly, and she also enjoys the calming ritual of the Rosary group, praying with beads handed down to her from her mother. An avid photographer, Ms. Clark loves to capture the countryside and its waterfalls, lakes, and forests. One of her pictures was entered into our recent art show; a photo of the autumn New York countryside... near Woodstock, of course! Ms. Clark has only been with us at Methodist for about a year and a half, but her steady presence at virtually every function, including the Ethics Committee, and the Resident Council, makes her a bit of a fixture, and we love having her here at Methodist.