DELAWARE VALLEY VETERANS HOME

VALLEY VOICE

2701 SOUTHAMPTON RD PHILADELPHIA PA 19154 (215) 856-2700

DVVH Annual Family Thanksgiving Dinner

Volume 1 Issue 11
November 2016

pennsylvania
DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
DELAWARE VALLEY VETERANS' HOME

George Smith
Richard Obert-Thorn
Fred Goeke
Edward Butterly
James Seamans
Thomas Boyd, Jr.

Margaret Venuto	05
William O'Connell	08
James Ryan	09
Harrison Wright	10
Peter McMahon	13
Fumiko Zellers	13
Frank Czekay	14
Robert Griffiths	20
Henry Kolos	23
Edward Waldron	25
Dominic Pascali	27
Charles Striegel	30
James Kaewell	31

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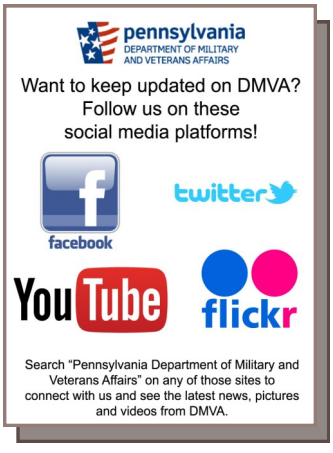

HALL OF FAME

The Pennsylvania Department of Military and Veterans Affairs' Delaware Valley Veterans' Home inducted U.S. Army Private First Class George Benjamin Jr. into its Hall of Fame Nov. 9, 2016. Benjamin was mortally wounded while attacking a well-defended Japanese strong point in the Philippine Islands in December 1944. The Hall of Fame was created to honor the military achievements of outstanding veterans who have completed honorable, active duty military service and who reside in the geographic region served by DVVH.

NOVEMBER

HAPPY VETERANS DAY

Veterans Day Lunch

SPONSORED BY:
TRAVIS MANION FOUNDATION
&
PEPSI

Veterans Day Luncheon Sponsored by Travis Manion Foundation & Pepsi

Volunteers from The Travis Manion Foundation & Pepsi Sponsored Veterans Day at the home with a Steak and Shrimp luncheon for the Residents.

Cadets from Swenson HS Air Force JROTC unit & Cairngorm Pipes & Drums a Scottish Highland Bagpipe Band performed. The evening was capped of with a Concert of Patriotic Music performed by Tri-County Band.

Thanksgiving Dinner

Thanksgiving Dinner

MARINE CORPS

HAPPY BIRTHDAY 241th U.S. MARINE CORPS!

All Divisions Detachment Marine Corps League Celebrated the Marine Corps Birthday at DVVH and presented Honorary Lifetime memberships to all our Marines.

Robert Fink,
Francisco Fuentes
Robert Giordano
Michael Ianovale
Thomas Locke
David Matelyan
William McAdams
William Price
Lawrence Ruffo
Lawrence Warren
Alvin Wick

Semper fidelis is a Latin phrase that means "always faithful" or "always loyal". In the United States it is best known as the motto of the United States Marine Corps.

Commandant's Corner

On November 8th we had many residents' go to the polls to vote with more resident's this year than ever before. Firefighters from Ladder 31 – Engine 22 sponsored a bingo with pizza and soda. We also had many other organizations that sponsored events during the month of November. Veterans Day ceremony with a very special lunch for our resident's, steak & shrimp. There was a Veterans Luncheon sponsored by American Legion Post 960 at their post and several residents attended. We also have an addition to our "Hall of Fame," PFC George Benjamin, JR. WWII, died December 22, 1944 in the Philippines. Presently, we have residents and volunteers making Poppies. Each resident will receive .08 cents for each poppy that they produce. Thanksgiving Dinner was a great success and we had over 275 residents and their families in attendance.

Christmas is coming and we hope to have many of our staff help to decorate the trees on Main Street.

We are now working on our Annual Christmas Dinner and look forward to having many of our resident's and families in attendance.

I want to thank all of the staff for their hard work each and every day to make this facility the best.

Dietician's Corner

Trying to lose weight by skipping the fast food burger places but still grabbing a quick meal at a "fresh" chain? Not so fast! Entrees or sandwiches at Au Bon Pain, Panera Bread, Cosi, Chipotle, Moe's Southwest Grill and Boston Market, for example, average 574 to 1034 calories, which is as much or more than most burger chain mains. Salt content is high at all places, often 75% or more of the recommended daily intake. Add a side dish and drink, and the total sodium and calories can be near what the average person needs for the day.

The fresh chains do usually include more fruit, vegetables and beans in their entrees versus beef and fried chicken or fried fish at the burger chains, but it still takes some checking to make really healthy choices. Any restaurant with 5 or more stores is required to post the nutrition information of their items online and in the store, making it easier to know what's really in each dish. Ask for salad dressings, toppings and sauces on the side since they are often heavyweights in calories and sodium.

Newsletter Director: Bill McGoldrick **Graphic Design by:** Maggie Dearnley

Photos supply by: Holly Wexler & Activities Staff

IF YOU HAVE AN IDEA OR WOULD LIKE TO WRITE A ARTICLE ABOUT YOUR LOVE ONES, PLEASE CONTACT Bill McGoldrick 215-856-2743

Generous Volunteers Sponsors

American Legion Aux Post 148
American Legion Aux Post 366
American Legion Post 754
American Legion Post 800
American Legion Post 810
American Legion Post 832
Daughters of the American Revolution
Washington Crossing Chapter
DAV 3rd District
ELKS Bristol Lodge 970
ELKS South East District
JWV Post 697
JWV Post 575
JWV Post 706
JWV Post 791
JVWA 98
JWVA 791
Order of the Eastern Star Chapter 85
St Anselm Church / Legion of Mary
VFW Post 6495
VFW Post 6617
VFW Post 9198
VFW PA Auxiliary
PA Vietnam Veterans Memorial Society
Sons of the American Legion 5th District
Sons of the American Legion Post 366

T★A★P★S

Delaware Valley Veterans Home extends its deepest sympathy to the loved ones of the following veterans who have recently passed away. Their presence will be greatly missed.

Edward Shirato	**5 Nov 2016**
William McDowell	**5 Nov 2016**
William Downes	**6 Nov 2016**
Bruce Leicey	**8 Nov 2016**
Willie Powell	**16 Nov 2016**
Jesse Widdop	**24 Nov 2016**
Sam May	**26 Nov 2016**