

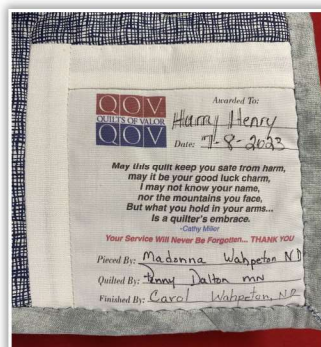
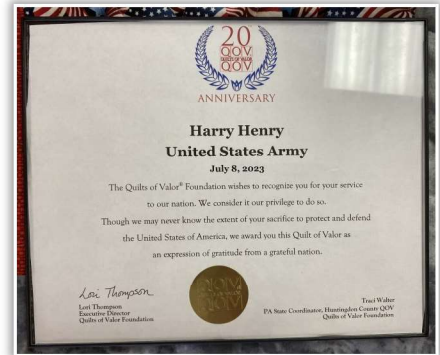
AUGUST 2023

Quilt of Valor Awarded to HVH Resident

A Quilt of Valor (QOV) is a quality, hand-made quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

Arnold Hall resident and Vietnam War veteran, **Mr. Harry Henry**, was presented with a Quilt of Valor during a special ceremony on Saturday, July 8 in the Arnold Hall Multipurpose Room. Mr. Henry served with the United States Army for over 8 months in Vietnam. Thirteen family members came to celebrate the event and visit with Mr. Henry, many of which traveled in from out-of-town, along with officers of the Huntingdon VFW who had helped to nominate Mr. Henry for the award. It was a lovely event that served as a mini family reunion for Mr. Henry. Guests enjoyed refreshments and a cake featuring a photo of Mr. Henry in the Army as a young man.

See page 4 for more highlights from Mr. Henry's quilt presentation and information on the Quilts of Valor Foundation.



HVH Leadership

Commandant
Christina Dambeck

Director of Nursing
Kelly Smith

Have an idea or
suggestion for the
newsletter?

Contact:

Emily McDowell
Volunteer Resources
Coordinator
(814) 696-5371
emmcdowell@pa.gov

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TAPS

*Every month we honor
and remember HVH
residents who have
recently departed our
ranks.*

Matthew Schultz
Donald Myers
Earl Karle



*"Day is done, gone the sun,
From the lake, from the hills, from the sky;
All is well, safely rest, God is nigh."*

Welcome Wagon



New Residents

Hollidaysburg Veterans Home staff, volunteers, and residents would like to extend a special Welcome to new residents who joined us over the past month.

Peter Turek

Jane Boast

Thomas Lamb

Gale Bracken

Allen Sieglinger

Theodore Newkirk Jr.

Michael Wertz



New Volunteers

Welcome to the Team!

New Volunteers

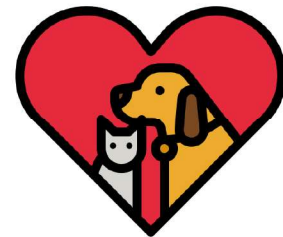
Michele Lloyd

Mary Ann Fozard

Pet Visit Policy -

As a reminder to residents and families:

- ◆ Any pet visiting a resident at HVH must be registered in advance with the Activities and Social Services departments with proof of the animals' current rabies vaccination, prior to the animal's first visit to HVH.
- ◆ All pets must be well-behaved and well-trained, and maintained under control on a leash or in a carrier, at all times.
- ◆ The animal must be in good health and free from fleas and ticks.
- ◆ Aside from service animals, pets are not permitted in any meal preparation area or dining area when food is being served.
- ◆ Any visiting pet found to not meet these criteria will be required to leave the facility.

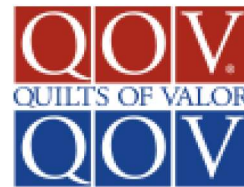


Quilt of Valor

The mission of the **Quilts of Valor Foundation** is to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.

Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq. According to Catherine:

"The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change. The message of my dream was: Quilts = Healing." Nationwide, Quilts of Valor has awarded over 340,000 quilts.



More information on Quilts of Valor can be found online at <https://www.qovf.org> or by emailing Traci Walter, Pennsylvania Coordinator at Traci.Walter@qovf.org.



Chaplain's Corner

Greetings and Peace to all of our staff and families, and a happy summer to you. As we celebrate the 247th year of our freedom, I pray that we may always be grateful for the gift of living our religious freedom without fear, and using that freedom to spread the gospel, and build God's Kingdom on earth. With this in mind, I now share a story of one of my seminary classmates.

In his last year of graduate school, he told me he planned to leave seminary, because most of his class had decided to leave school. He talked to his spiritual director about this matter, and he asked him to reflect on two questions: "First, why did he initially decide to come to seminary?", and second: "Was he leaving only because the others were leaving, or were there other reasons?" Speaking from personal experience, I, too, have reflected on these same questions. For me, what was most important, was that I remained true to myself and my vocation. After 34 years, I still believe that God continues to call me to this special Franciscan vocation.

So, if everyone left the Franciscan Order tomorrow, I would decide to stay, because of my vocation. I'm also happy to say that after a brief leave of absence, my classmate also decided to stay, and has now been a priest for 28 years. Brothers and sisters, I believe this same principle applies to our Christian lives. I celebrate Mass and other services, because I believe in Jesus Christ, and the Christian community that supports me in my journey of faith. Therefore, if everyone left their local churches tomorrow, I would freely choose to remain faithful, because it is my belief in God that has helped me continue to be the best version of myself.

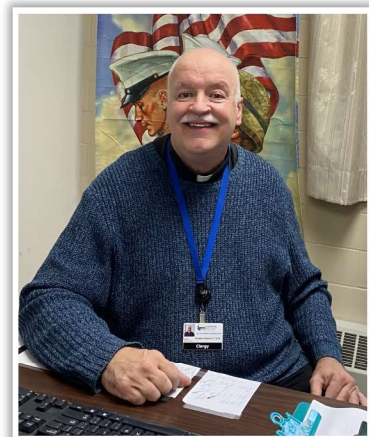
The spiritual writer, Jean Pierre de Caussade, said it best, in these words: "May we strive each day to rise above our weaknesses, fears, and doubts, and find our happiness in God alone, who gives Himself to us, as the One who is all good." Why have we become Christians, and why do we choose to remain Christians? I pray that these questions will call us to greater freedom, and be part of our daily prayer. And so, in this month of celebrating "Independence," may we pray for the grace to make good choices in our life and in our faith journey, choices that will build up God's Kingdom, and help us remain faithful and strong.

As I reflect with you on my freedom in these July days, I am grateful for your prayers, and your support of Pastor Dave and myself, as together, we help the Church persevere in our local community. May God bless each of you throughout his summer, and keep you safe in your travels, as we remember and pray for all of our veterans, staff, and their family members, who may be sick or in distress. God bless each of you, throughout these lazy, hazy, crazy days of summer.

Sincerely,

Your Friendly Neighborhood Chaplain,

Father Brad



HAPPY 4TH OF JULY!

Congratulations to the winners of the employee Patriotic Costume Contest:

**1st Place -
Brendan Hoover**



**2nd Place -
Traci Martin**



**3rd Place -
Lynn Yetsko**



**Honorable Mention -
Mark Wharton**

**4th Place -
Cody Prough**



ALL AMERICAN PET PHOTO DAY



To celebrate **All American Pet Photo Day**, HVH staff participated in a pet photo contest. One winner was chosen from each building - Eisenhower, Arnold, and MacArthur Halls. There were 32 entries in all and these three lucky pets captured the first place prize for each building! Thanks to everyone who participated!



MacArthur Hall Winner:
"Holly, Oakley & Cali"

Owner: Tina McGuire



Eisenhower Hall Winner:
"Lucy"

Owner: Regina Lee



Arnold Hall Winner:
"Louie"

Owner: Leanne Zedack

Resident Life



Western Day closed out Veterans Homes Week in June. Solo musician Phil McCauley returned to HVH for a stellar performance at Eisenhower Hall.



Air Force veteran Charlie Miller is proud to be the resident greeter for Arnold Hall. You can often find him in the Arnold Hall lobby welcoming visitors to the building.

Victory Therapeutic Horsemanship has returned to HVH by popular demand! A beautiful Clydesdale horse named Mountain visited Arnold Hall residents on July 26.



Sports Corner

U.S. WOMEN'S NATIONAL TEAM BEATS VIETNAM 3-0 TO OPEN 2023 FIFA WOMEN'S WORLD CUP

AUCKLAND, New Zealand (July 22, 2023) – The U.S. Women's National Team earned a 3-0 win against Vietnam in the team's opening match at the 2023 FIFA Women's World Cup. A brace from forward Sophia Smith and a goal from midfielder and team captain Lindsey Horan led the team to victory in front of a crowd of 41,107 mostly American fans at historic Eden Park.

The USA improved to 7W-2D-0L all-time in opening matches at the FIFA Women's World Cup and have started each of the last four tournaments with a win. The USWNT has now won 13 consecutive matches at the FIFA Women's World Cup, extending its own record for most consecutive wins in the competition.

The U.S. will now face the Netherlands on July 27 at Wellington Regional Stadium in Wellington/Te Whanganui-a-Tara (1 p.m. local / 9 p.m. ET on July 26 on FOX, Telemundo, Universo and Peacock) in its second Group E match and will finish group play against Portugal on Aug. 1 back at Eden Park in Auckland/Tāmaki Makaurau (7 p.m. local / 3 a.m. ET on FOX, Telemundo and Peacock).

While Vietnam, one of eight debutants in this year's tournament and now the 39th nation to play in the FIFA Women's World Cup, played a tough match defensively, the USA dominated the proceedings and ended up piling up a 28-0 margin in shots. Vietnam tackled hard and played in a compact 5-4-1 formation, packing its defensive third when the USA was in



Article Source:
<https://www.ussoccer.com/stories/2023/07/fifa-womens-world-cup-2023-uswnt-3-vietnam-0-match-report-stats-standings>

Commandant's Corner

Hello all! I would like to take this opportunity to introduce myself. My name is Christina "Chrissy" Dambeck and I was officially awarded the position of Commandant on Monday, July 10th. I am so grateful to be serving in this position for the Hollidaysburg Veterans Home. While I am not a Veteran myself, I am the daughter, sister, niece, and aunt of Veterans as well as a godmother to a currently deployed servicemember. I've been a nurse for 30 years and over 27 of those years have been spent working in long-term care. I started with the DMVA in December 2020 as a Nurse Administrator and then became the Deputy Commandant at HVH in November 2021. My goal is to improve the lives of those who served our country, their families, and the community. I am currently a member of the American Legion Auxiliary and the American Legion Riders. I also want to sincerely thank Barry Lowen for stepping in as our Interim Commandant for the past several months. His commitment and dedication are greatly appreciated. As Barry mentioned in the last Commandant's Corner, for him, "this isn't goodbye, it is I'll see you later."

My first official week as Commandant was packed with surprises! As you are aware, on July 10th, HVH endured a power outage at both Eisenhower and Arnold Hall due to the contractors digging up the electrical wires. As a result, some of our residents had to be transferred to the James E. Van Zandt VA Medical Center for temporary shelter due to the inability to maintain adequate temperatures in some of the rooms. The safety of our residents is our utmost concern, and we did this out of an overabundance of caution. We are so thankful to have the support of our local Veterans Hospital. We also had a visit from the Department of Health who came on campus to conduct their annual survey, however, due to the power outage, they will be returning at a later date.

I am excited to report that renovations to MacArthur Hall are underway. Demolition of the dining room began on Monday, July 24th, therefore, the multi-purpose room on the 1st floor of MacArthur Hall has been converted into a temporary kitchen and dining area. There are two seatings per meal to accommodate those residents that prefer to enjoy their meals in a public dining area. To-go meals are also an option.

It is both an honor and a privilege to serve the Veterans and their families of the Hollidaysburg Veterans Home and I am looking forward serving you all in the future. Please feel free to stop by my office with any questions or concerns. If you need to speak with me by phone, I can be reached at 814-696-5356.

Chrissy

Resident Council

Greetings from Arnold Hall:

Some of our recent activities include: scenic drives, baseball games, crafts, eating out at our favorite restaurants, Bingo and Horse Racing.

July 18th is Hot Dog Day: I hope you have a good appetite. It's one of our favorite picnic foods.

I hope everyone is enjoying the beautiful warm weather we have been getting. It's great to get out of the building and get fresh air!

Now time for a joke:

A man places some flowers on the grave of his dearly departed mother and starts back towards his car when his attention is diverted to another man kneeling at a grave. The man seems to be praying with profound intensity and keeps repeating, "Why did you have to die? Why did you have to die?"

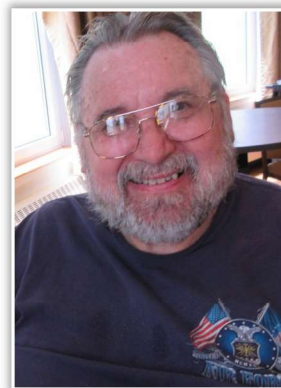
The stranger walks over to the grieving man and says, "Sir, I don't wish to interfere with your private grief, but this demonstration of pain is more than I've ever seen before. Who are you mourning? A loss of a child or parent?"

The mourner takes a moment to collect himself, then replies, "My wife's first husband!"

So long for now!

John Serwinsky

President, Resident Council, Arnold Hall



This Month in History

Brought to you by Historyplace.com and History.com

July 1, 1863 - Beginning of the Battle of Gettysburg during the American Civil War. Fought from July 1 to July 3, 1863, it is considered the most important engagement of the war. After a great victory over Union forces at Chancellorsville, General Robert E. Lee marched his Army from Northern Virginia into Pennsylvania in late June 1863. On July 1, the advancing Confederates clashed with the Union's Army of the Potomac, commanded by General George G. Meade, at the crossroads town of Gettysburg. The next day saw even heavier fighting, as the Confederates attacked the Federals on both left and right. On July 3, Lee ordered an attack by fewer than 15,000 troops on the enemy's center at Cemetery Ridge. The assault, known as "Pickett's Charge," managed to pierce the Union lines but eventually failed at the cost of thousands of rebel casualties. Lee was forced to withdraw his battered army toward Virginia on July 4. More than 50,000 men fell as casualties during the 3-day battle, making it the bloodiest battle of the American Civil War. The Union had won in a major turning point, stopping Lee's invasion of the North.



July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.



This Month in History, continued

July 16, 1945 - The experimental Atomic bomb "Fat Boy" was set off at 5:30 a.m. in the desert of New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun and wiped out all plant and animal life within a mile.



The Fat atomic bomb, set off in the desert of New Mexico, created such intense heat that it fused the desert sand to glass.



July 20, 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

National Korean War Veterans Armistice Day

Observed on July 27, this day commemorates and recognizes the peace treaty that triggered a cease-fire in a long-standing war. The Korean War is a significant chapter in American history in which approximately 50,000 American troops died in the conflict, over 100,000 were wounded, and thousands of others were held captive as prisoners of war. On National Korean War Veterans Armistice Day we are encouraged to take some moments for reflection on the service and sacrifices of American troops during this conflict.

HVH wishes to recognize our residents who are Korean War veterans:

Joseph Kuhar, Thomas Price, Anne Sukala, Gale Bracken, James Tharaldson, John Wolfe, and Dean Woomer.



102 Years Young !



Arnold Hall resident **Beryl Geddes** celebrated her 102nd birthday with the help of family members, HVH staff and residents from her unit.

Happy Birthday Beryl!
Here's to many more!





Birthdays

HVH would like to wish a very **Happy Birthday** to all of our residents with birthdays in July and August.

July

Raymond Choinski
Edwin Sidwell
Richard Urgolites
Edward Pratt
Samuel Ballato
Daniel Bravin
Beryl Geddes
David West
Gary Hadley
Jeffrey Banks
Ronald Dawson
Melvin Mundy
Irene Fulton

James Maley, Jr.
John Kienzle Jr.
Theodore Gantert
Dwight Imler
Charles Dunlap
Sheryl Nichols
John Wolfe



August

Jane Koury
David Roush
Robert Andrews
George Best
Valerie Brand
Raymond Mission
Aaron Ager
Cecil Walk
Galen Musselman
Clayton Pownell
Joseph Kuhar
William Hamilton
Denny Cutshall

Harriet Davis
George Prestash
James Baker
Carol Tharaldson
Bruce Woodbury
Arlene Gordon
Tom Frampton
Michael Barnum
Frank Davis
Malcolm Lehman
William Myers
Michael Harvey



Mac Hall Happenings

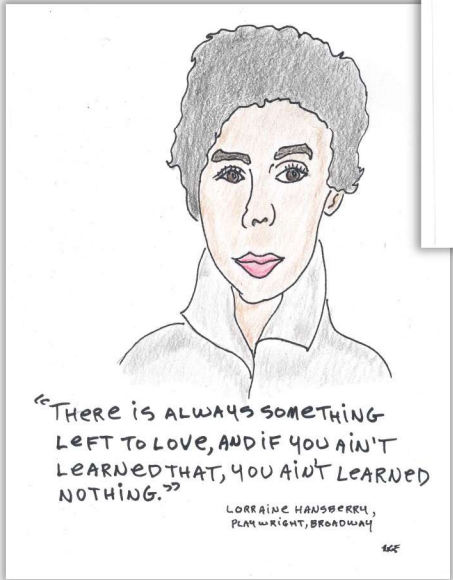
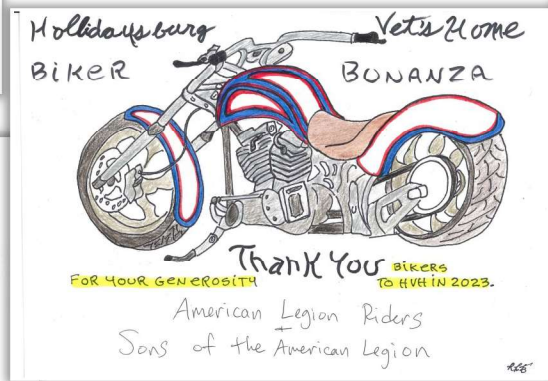
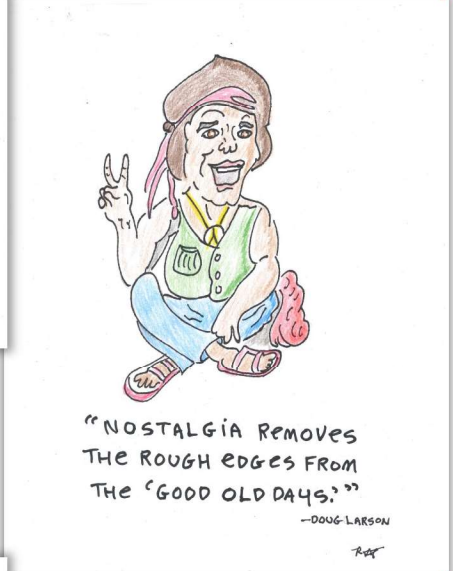
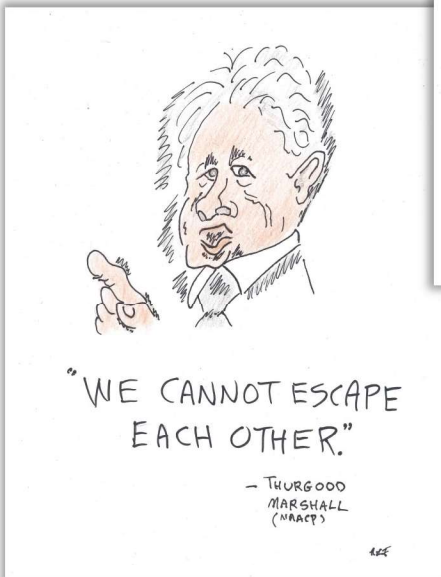
MacArthur Hall residents have enjoyed some unique activities this July, including a cookout put on by the American Legion Riders and Auxiliary 516 of Hollidaysburg, a trip to the Flight 93 National Memorial sponsored by the VFW Auxiliary Dept of PA, and a newly-formed Model Building Club run by local hobbyist David Ward.



Mac Hall Musings - June 2023 edition

Please enjoy these clever drawings and quotes that are displayed throughout the halls of MacArthur Hall, courtesy of talented resident artist Mr. Bob Fink. He calls this issue "United We Stand".

**"United We Stand:
A Cross Section of
America"**



Employee Recognition

Caught You Caring is an exceptional service program to recognize staff members that go above and beyond their job duties and/or assignments and exceed expectations. HVH employees and residents who wish to identify an outstanding employee complete a "Caught You Caring" postcard to nominate that employee. The employees' names are entered into a prize drawing at the end of each month.

These HVH employees were nominated for "Caught You Caring" in the month of June 2023:

Scott Warfield
Sheena Mickel
Brandon Clapper
Timothy Showalter
Mark Schall
Jeff Burkhart
Kelly Sutter
Vanessa Johnson
James Mejia
Tony Lardieri
Tyler Daugherty

The winner for the June prize drawing was **Kelly Sutter**.

Caught You *Caring!*





Donations

The Hollidaysburg Veterans' Home would like to acknowledge all of the organizations and individuals who donated money or items to the home throughout the month of **June 2023**. Your generosity helps our residents to enjoy life-enriching activities and the comforts of home here at HVH. **Thank you!**

Organizations

American Legion Post #363 Ebensburg
 American Legion Post # 970 Parkhill
 American Legion Auxiliary 573 Dunlo
 American Legion Auxiliary # 238 Cresson
 American Legion Auxiliary Unit 516
 Hollidaysburg
 American Legion Auxiliary Unit # 551
 St. Michael
 American Legion Post # 623 Beech Creek
 AMVETS Auxiliary # 150 Portage
 Bring Smiles to Seniors, Inc.
 Cambria County American Legion Auxiliary
 South Fork
 Conemaugh Valley Detachment # 287
 Johnstown
 Daughters of American Revolution
 DESA Horseshoe Curve Chapter
 Fastenal Duncansville
 Ladies of the Grand Army of the Republic
 Mt. Nittany United Methodist Church
 Operation: LTM
 Rotary Club of Hollidaysburg
 SCI—Muncy
 SCI—Houtzdale
 VFW Auxiliary Post # 7377 Sankertown
 VFW Post # 7524 South Fork
 VFW Auxiliary Dept of PA
 Victory Church Morrisdale, PA
 St. Paul's Evangelical Lutheran Church
 Vietnam Veterans of American Chapter 364
 VFW Auxiliary Post # 7011 Lewistown

Individuals

James Logrando
 Walter Rupert
 Beatrice Zurilla
 Sharon Collins
 Brett Peckenschneider
 Vicki Karns
 Ed Coble
 Julianne Kinkade
 Ashley Beichler
 Steve Mathias
 Ken & Kathy Fisher
 Beth Kessler



Carnival Donors & Supporters

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 Blair Candy Company
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 Rosie and the Jammers
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 Gail Blattenberger
 Randy Coffman
 Betsy Domitrovich
 Pattie Fromknecht
 Inge Gill
 Debi Humm
 John McConnell

Hollidaysburg Veterans' Home

184 Veterans Boulevard
Duncansville, PA 16635

Phone: 814-696-5201

Fax: 814-696-5260

E-mail: RA-MVVA-HOMES@pa.gov



pennsylvania

DEPARTMENT OF MILITARY
AND VETERANS AFFAIRS

HOLLIDAYSBURG
VETERANS' HOME

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<https://www.dmva.pa.gov/paveteranshomes/HollidaysburgVeteransHome/Pages/default.aspx>

Hollidaysburg Veterans' Home

HVH's Mission: Ensure the Veterans of the Hollidaysburg Veterans Home (HVH) receive superior care and support while complying with State & Federal laws and policies for health care and veterans' programs.

HVH's Goals

- Ensure the Veterans of HVH receive superior care and support
- Ensure compliance with State & Federal laws and policies for health care and veterans' programs
- Capture and implement best business practices and innovative concepts for support functions
- Manage, train, develop and care for employees – foster a team environment
- Oversee budget process and proper stewardship of funds
- Strive for excellence



"We Care For Our Veterans!"

