

# Vet Gazette

## Inside This Issue:

- Resident Updates: Pgs. 2-4
- Staff Updates: Pgs. 5
- SEVC Happenings: Pgs 4-5
- Activities: Pgs. 6-11
- Volunteers: Pgs. 12-16



## The Love of a Lifetime

Residents Robert and Dot Raker

Robert and Dot have been married 61 years this month! What an amazing milestone for these two love-birds that do everything together, even matching their outfits daily! They both grew up on farms and were adopted as babies. These two have so much in common, it is quite a phenomenon.

Robert was born in Montgomery County and grew up in Phoenixville on a 100 acre farm. He joined the Navy where he would serve active duty and reserves for over 4 years.

Robert met his bride, Dot, the Farmer's Daughter, at church on Good Friday back in 1961. He said he instantly knew she was the one! He was out at sea while on duty when he decided he was going to propose. He wrote Dot a letter while on a carrier and he asked "Will you marry me?" Poor thing couldn't get an answer for quite some time, until he returned home! Luckily, she said yes and the rest was history!

However, one of the fondest times of their lives was the era of being clowns! After Robert's brother-in-law, Bob, passed away, his sister asked if Robert would consider being a clown. He decided to put on the clown costume that Bob once wore and tried it out. He loved it! Robert mentioned that it was fun and rewarding to see people happy. He mentioned he was such a shy guy that wearing the makeup while clowning around made it very easy to come out of his shell. He credits this opportunity for becoming more outgoing!



(cont'd page 4)

**GOVERNOR**

Josh Shapiro

**PA Dept. of Military  
and Veterans Affairs****Adjutant General**

Major General

Mark Schindler

**Deputy Adjutant General  
for Veterans Affairs**

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**Deputy Commandant**

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Lauren Stenson

**Medical Director**

Dr. Monika VanSant

**Admissions**

Jill Alwine

**Therapeutic Activities****Director**

Victoria Negron

**Director of Social Services**

Johanna Valenti

**Director of Dietetic  
Services**

Ninan Mathai

**Volunteer Coordinator**

Tara Vaszily

**Vet Gazette Team**

Tara Vaszily

Sarah Klufas

Patricia Carfagno

Lorraine Wambolt

Beverly Barefield

Loretta Harvey-Thomas

# Remembering Those No Longer With Us

**James Smart****Samuel Mulhearn****Lee Bogutski****Andrew Washko****Edwin Silhan****Adolf Filter**

## WELCOME NEW RESIDENTS

**Air Force**

Roy Ashby

**Army**

James Vernon

Joseph Murphy

**Navy**

Carlton Hall

Timothy Murphy



## RESIDENT BIRTHDAYS

JAMES BRENNECK  
CAROL BRINSER  
VERONICA COLBERG  
ROGER COLLINS  
JAMES DOJNIK  
HARRY EISENHAUER  
TIMOTHY JOY  
ALLYN KINGSLEY  
BARBARA KOZAK  
GABRIEL LAVELLA  
SAMUEL MCBRIDE  
RONALD MCCORKLE  
JOHN MOMAT  
THOMAS PHELAN  
MATTIE STEVENS  
LAWRENCE WARREN  
LEROY WOLFE



# The Love of a Lifetime (cont'd)

Residents Robert and Dot Raker

This new hobby became so serious, they both attended clown school in South Carolina. During their career, they performed magic and attended parties and events.

Robert became known as “Hot Shot” the hobo clown and Dot was known as “Sweet and Low,” the street clothes clown. Robert chose that name because Dot was sweet and short, but low to the ground! Their clowning experience became a new love for both of them which lasted over 30 years. In fact, clowning was so much fun, that Robert was clown president of Delaware Valley Clowns for over 5 years.

It was such a pleasure sitting down with the Rakers and getting to know them. They both had long careers in industries such as transportation, hospitality and dietary. They both love keeping busy and going for drives in their jeep. Robert is even a licensed Drone driver! Sounds to me like their life has been full of love and laughter!

They informed me that International Clown Week is always the first week in August, 1-7th. This was originally established back in the 50's to celebrate what clowns do for people all around the world!

## A CLOWNS PRAYER – Author Unknown

As I stumble through this life,  
help me to create more laughter than tears,  
dispense more happiness than gloom,  
spread more cheer than despair.  
Never let me become so indifferent  
that I will fail to see the wonder  
in the eyes of a child  
or the twinkle in the eyes of the aged.  
Never let me forget that my total effort  
is to cheer people, make them happy  
and forget – at least momentarily –  
all the unpleasantness in their lives.  
And, in my final moment,  
may I hear You whisper:  
‘When you made My people smile,  
you made Me smile.’





# STAFF UPDATES IN JULY

## NEW HIRES

Valerie Breiner – CW1  
Amanda DeMuro – LPN  
Shyniece Elliott – LPN  
Ann Gilmore – CNA  
Victoria Negrón – TAS  
Jason Valenti – Facility Grounds Director  
Joanne Wagner – CW1

## MILESTONES

Kimberly Beluch – LPN – 5 years  
Vance Frye – CW1 – 5 years  
Matthew Gaus – CW1 – 5 years  
Teresa Guido Cox – RNAC – 15 years

## RETIREMENT

Kathleen Nihart – CNA – over 15 years of service  
Juan Pena-Garcia - CNA – over 16 years of service



## Staff Tuition Reimbursement



Did you know that the DMVA offers Tuition Reimbursement? Tuition reimbursement will be considered on a course-by-course basis for full-time, permanent employees of the Department of Military and Veterans' Affairs. Approval will be based on contractual obligation, availability of funds, job relevancy, final grade, and the employee providing acceptable documentation. Policy and procedure must be in accordance with Management Directive 535.3, Out-Service Training.

Employees must submit tuition reimbursement requests in the [AIM Training Application](#) at least 30 days prior to the registration date. Failure to submit timely requests may result in disapproval. The request must include an official course overview and brief justification on how the course relates to the current job, requested reimbursement cost, name and contact information of the learning institution, and date range for attendance.

## ICE CREAM CRAWL

We are going to have our first Annual Ice Cream Tasting contest! We have so many local ice cream vendors, we thought it would be fun to taste test! Be on the look out for the dates in August!



## EMPLOYEE OF THE MONTH – JUNE

Stay tuned for the Employee of the Month announcement after the July 4th holiday!

# SEVC HAPPENINGS

## ATTENTION STAFF:

### Mark Your Calendars - 2023 Open Enrollment is October 16 to November 3, 2023

It's your annual opportunity to make a change to your health benefits without a qualifying event. Any changes you make during Open Enrollment will be effective January 1, 2024.



## DID YOU KNOW?

### Improve Your Health with These Free Programs

Visit the Get Healthy section of [www.pebtf.org](http://www.pebtf.org) to find free resources to improve your health.

- **Discount Programs:** Your medical plan offers discounts to health clubs and other services.
- **Diabetes Prevention Programs (DPPs):** Your medical plan offers free DPPs to members who are identified as having prediabetes or score as high risk for developing Type 2 diabetes. A DPP is a year-long program consisting of 16 weekly sessions, followed by monthly sessions for the rest of the year. This lifestyle change program is designed to help you lose weight, adopt healthy habits and reduce your risk for developing Type 2 diabetes.
- **Livongo For Diabetes:** The Livongo program helps people with diabetes to live happier, healthier lives. It not only helps people manage their diabetes but also helps with blood pressure, weight, stress and more, all at no cost to you. Members with insulin-dependent diabetes who are taking hypoglycemic drugs may participate in the Livongo Program.
- **Quit For Life®:** This free program is for anyone who would like to quit using tobacco, regardless of the product - cigarettes, cigars, vaping or smokeless tobacco.



Thank you **Italian Delite of Trappe** for the delicious wraps! We also appreciate the donated pizza.

## Garden Update



Ann Marie Grimes was kind enough to transplant tomato plants that were crowding in the big planter. Can't wait for us to make salsa and caprese salad after we harvest the basil and tomatoes. To the left is our first green bean harvest!

Basil is ready too! If you need some, feel free to gently take off a piece!



## NEW SIDEWALK!

We are replacing the Coates Hall sidewalk, involving the **entire** length of the Coates Hall Building and also the circle area where the tallest flagpole is located. The Coates Hall doorway will not be affected. Residents, visitors, and staff will be able to go in and out of the Coates Hall front door. Medical transportation and emergency vehicles will be able to pick up and drop off as normal. However, parking in the circle may be affected since construction vehicles will be onsite. We apologize in advance for any inconvenience as we improve the Coates Hall walkways.



# VETERANS HOME WEEK

## HAPPY VETERANS HOME WEEK

We kicked off our Commonwealth Veterans Home week with a Comedian and sundae bar! We then moved on to a Pig Roast/Luau for Tuesday's big event!





# VETERANS HOME WEEK



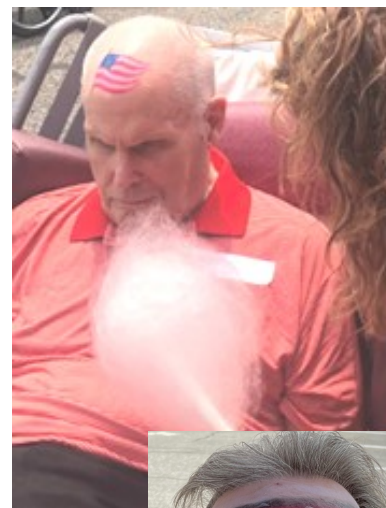
We had a great time! THANK YOU Maintenance and Housekeeping for setting up & breaking down for all events during the week! **We luv u!**





# VETERANS HOME WEEK

## FACE PAINTING



## Welcome Victoria Negron

SEVC's New Activities Director



SEVC is excited for a new chapter in Therapeutic Activities. Victoria has an energetic and outgoing personality. She brings experience and creative ideas to make future enrichment more engaging for all residents. We can't wait to see her changes.

## Strasburg Railroad Museum Trip!

Below, left to right, Ken Zook, Tony Sacco, Harry Pinker, Paul Lynn, and Ann Marie Grimes enjoying the day!

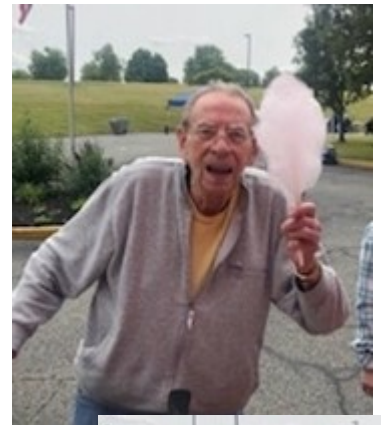




# VETERANS HOME WEEK

Thank you to the **Chester County Concert Band** for celebrating Veterans Home Week with us! They performed a delightful mix of tunes for one hour to put the resident in the patriotic spirit! They are such an amazing group of talented musicians. We are so thankful for their continuous visits!

## COUNTRY FAIR & PIE EATING CONTEST



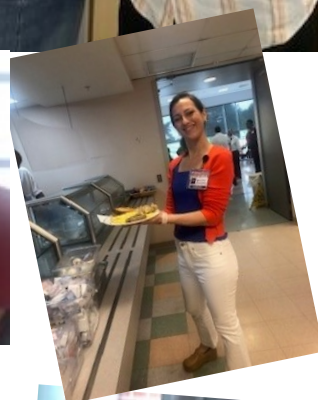
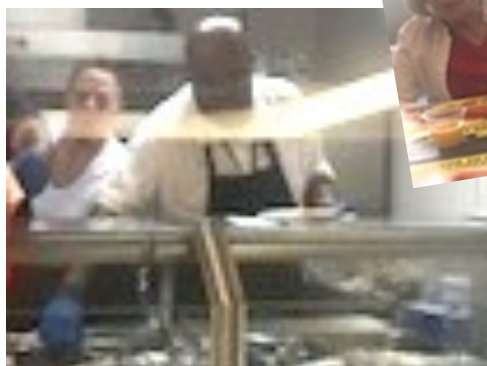
We had a blast at the Country Fair with the pie eating contest! All contestants were good sports. Way to go Teresa Guido-Cox (right), for taking the gold and winning it all.



# VETERANS HOME WEEK

## VETERANS BREAKFAST

We served our veterans that served! Staff provided restaurant-style dining to all residents! We want to thank Dietary for making this fun event a success. Thanks to all of our staff for assisting! This happens to be the favorite event every year!

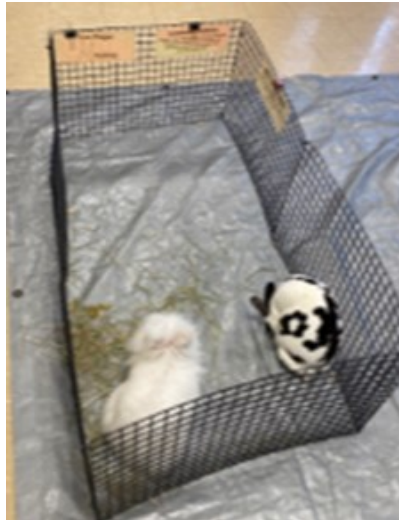




# VETERANS HOME WEEK



## PETTING ZOO!



Part of the Veterans Home Week celebration included a petting zoo. Since it started to rain, we brought the zoo inside . That didn't bother our fun though. Many enjoyed the sweet comfort of tortoises, rabbits, baby mini goats, chicks and of course, a red bearded dragon!

To the left, is Mr. Decker enjoying his time with this mighty fine reptile.



# VOLUNTEER ACTIVITIES



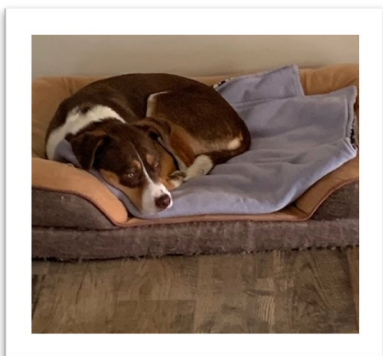
## Rita's Water Ice Day!



Thank you **Sabrina Bitting and Friends** for sponsoring the Rita's Water Ice Day at SEVC. We celebrated summer with Blue Raspberry, Mango and Root beer. A refreshing treat for all to enjoy!

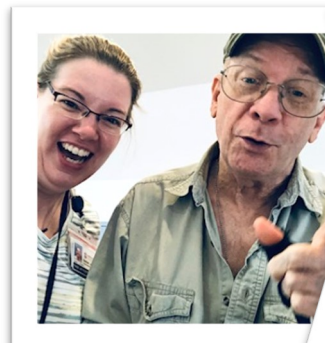
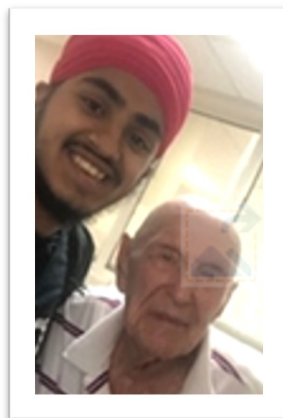


**THANK YOU MIA and Liza** for spending time at SEVC this past month! Mia is one of our therapy dogs that visit monthly. Mia gets super tired after a great visit with the residents.



## SEVC SELFIES

We like to take time out to have fun and be silly. Below we took selfies while waiting for our event to begin. As you can see below, Carol wasn't having any part of it!

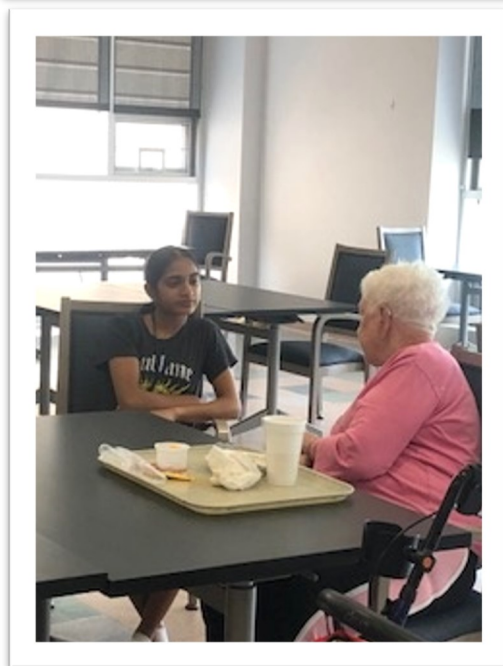




# VOLUNTEER ACTIVITIES

## FRIENDLY VISITS

Jackson, a High School student volunteering with us this summer, visits with Paul Lynn (left) and James Quinn (below). The residents adored sitting and chatting with our young volunteer!



Divya, pictured left, is also a student volunteering this summer! She sits and chats with Ann Marie Grimes, otherwise known as Miss Fancy Pants!



## ATTENTION RESIDENTS!

### CARDS WITH JOHN IS A HUGE SUCCESS!

However, there will be NO Cards on  
July 11th.

He will resume normal card activities on 7/18.  
Tuesdays, 10am– Coates Hall– 2nd Floor &  
1pm– 3 CLC



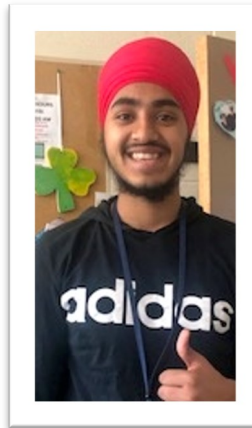
## CONGRATS TO ABBY FUHRMEISTER

She earned the Presidential Youth Service Award for her 56 hours of service over the last year! She started at 14 years old and has continued to help residents with various events throughout the year. Thank you for making residents smile Abby!

# VOLUNTEER ACTIVITIES



**THANK YOU LYNNE BOEVE AND VIRGINIA SWANGER** for the coffee and donut donation for FATHER'S DAY!!



## Welcome Back!

Harjas is a Senior High School student volunteer from Spring-Ford serving SEVC for his second year now! He already earned the Presidential Award last year exceeding over 100 hours! He continues to make a difference whenever he visits.



Thank you Chelsea and Spring City Wawa for the Hoagie Day donation of Italian and Turkey sandwiches! We had some lucky residents receive this yummy surprise!



## ATTENTION STUDENTS!

SEVC is a certified organization that participates in honoring The Presidential Youth Service Award for outstanding high school student stewardship! Call Tara If you are interested in getting involved to serve others! **#610.948.2418**



## SAVE THE DATE



**Friday, September 8th, 2023**

12:00 noon Registration  
1:00 pm Shotgun Start

at **Turtle Creek Golf Course**  
303 W. Ridge Pike, Limerick, PA 19468

\$120 per person entry fee  
(\$110 before 8/1/2023, deadline 8/31/2023)



### PACKAGE INCLUDES:

Lunch & Dinner  
Door Prizes  
Straightest Drive  
Closest to Pin (Par 3s)  
Longest Drive (Men/Women)  
\$10,000 Hole in one Contest  
Soda & Water Cart

### CHECKS PAYABLE TO:

South Eastern Fund

### PROCEEDS BENEFIT:

All Veterans at SE Veterans' Center

### MAIL TO:

American Legion  
PO Box 189, Phoenixville, PA 19460

### QUESTIONS:

John Massaro  
610-287-7543  
SEVCEvents@gmail.com

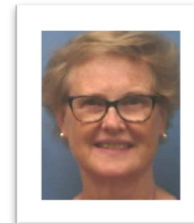
### 4 Person Scramble

Contact Name/Phone Number \_\_\_\_\_

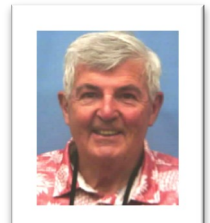
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Welcome new volunteers this summer.



Kathy Schott



Hal Dudash



## Wanna Donate?

We are in need of **NEW**:  
Electric razors, Men's T  
Shirts and Men's Sweat-  
pants!

We would love groups to  
sponsor a floor luncheon!  
KFC, Burger King, Olive Gar-  
den, etc, email Tara:  
[tvaszily@pa.gov](mailto:tvaszily@pa.gov)



# SPONSORS



Thank you Gross Bus and Moe's for partnering together to provide a collection of donations for SEVC residents! These funds will be used for activities and Canteen purchases!



THANK YOU VFW Dept of PA Aux for sponsoring our **July 14th** Mister Softee Truck Event! Donna Wyse and team will be here to greet residents!



THANK YOU to HEIDELBERG CHURCH for sponsoring our first food truck! Their recent donation made it possible for us to finally have a food truck for residents! A big thank you to Pip and Lily's Loaded Tots for taking the time to visit SEVC and allow us to enjoy the deliciousness of tator tots. The menu was very yummy! We were all ready for a nap after you left.



Pip and Lily's Food Truck will return on

**Tuesday, July 25th** but the menu will be a bit different! They will offer *hot dogs*, *hamburgers*, *cheesesteaks* and some tots too!



# FUN TIMES

## KNIGHTS OF COLUMBUS

Thank you Knights of Columbus of Stowe, for hosting a BBQ luncheon inside of Tilghman Hall. The residents loved the chats and, of course, the hamburgers and dogs! So nice to have them back visiting veterans. See you again at Christmas time!

